The NATIONAL COURSE IN HOME ECONOMICS

MEMBERSHIP EDITION

Class TX145
Book B55
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Average Tin g

Dig

MEATS AND FOWL		ME OF ESTION
Beef, Corned or Smoked	I	2¾ hrs.
" Fresh	I	
" Brazed or Potted	S	3 hrs.
" Steak	I	2½ hrs.
" Fillet	I	3½ hrs.
Chicken	Boil or roast 15 to 20 min. per lb	3½ hrs.
Duck, Tame	Roast 20 min. per lb	2 to 3 hrs.
" Wild	Roast quickly entire time 30 to 45 min	4 hrs.
Goose, Tame	Roast 20 min. per lb	4½ hrs.
" Wild	Roast 15 min. per lb	2½ to 3½ hrs.
Ham	Boil 15 min. per lb., roast 20 min. per lb	2 to 3 hrs.
Lamb	Boil 2 to 3 hrs.; roast 15 min. per lb	4 hrs.
" Chops	Broil or fry 8 to 10 min	2½ hrs.
Mutton	Boil or roast 15 min. per lb	3 hrs.
" Chops	Broil or fry 10 to 15 min	3 to 3½ hrs.
Pork, Fresh	Roast 15 min. per lb	3 hrs.
" Salt	Boil 20 min. per lb	5 hrs.
Quail	Broil or fry 10 to 15 min	3¼ hrs.
Squab	Broil or fry 15 to 20 min	2½ hrs.
Turkey	Roast 15 min. per lb	2 hrs.
Veal	Roast 20 min. per lb	2½ hrs.
Venison	Roast 15 min. per lb	4½ hrs.
		1½ to 2 hrs.

EGGS, FISH, ETC.	TIME OF COOKING	TIME OF DIGESTION
Eggs	Boil soft 2 min.; hard 6 to 20 min.	3 to 3½ hrs.
"	Fried 5 min	4 hrs.
Fish, Bass, Bluefish, Salmon and other oily fish	Boil 10 min. to lb	1½ to 2 hrs.
" Codfish, Haddock, Halibut, Pike, Whitefish	Boil 6 min. to lb	1½ to 2 hrs.
Lobster	Boil entire time 30 min	2½ to 3 hrs.
Oysters	Stew or roast 3 to 5 min	2½ to 3 hrs.

Average Time Required for Cooking and Digestion of Foods . . . (Continued)

VEGETABLES	TIME OF COOKING	TIME OF DIGESTION
Asparagus	Boil 20 to 30 min.	
Beans, Navy	Boil 2 hrs.	3¾ hrs.
" String	Boil 25 to 45 min.	
" Lima	Boil 35 min.	
Beets, New	Boil 1 to 1½ hrs.	3¾ hrs.
Brussels Sprouts	Boil 15 to 20 min.	3¾ hrs.
Cabbage	Boil 25 to 45 min.	4½ hrs.
Carrots	Boil 30 to 45 min.	3½ hrs.
Cauliflower	Boil 20 to 30 min.	3½ hrs.
Celery	Boil 20 to 30 min.	
Corn, Green	Boil 10 min.	3¾ hrs.
Dandelions	Boil 1 hour.	
Kale	Boil 40 to 50 min.	
Onions	Boil 35 to 45 min.	
Parsnips	Boil 30 to 40 min.	2½ hrs.
Peas, Green	Boil 15 min.	2½ hrs.
" Dried	Boil 2 hours	3 hrs.
Potatoes,	Boil 30 min.	3½ hrs.
"	Bake 35 to 45 min.	2½ hrs.
" Sweet	Boil 20 to 30, bake 30 to 40 min.	
Spinach	Boil 15 to 25 min.	
Squash	Boil 20 to 30 min.	
Tomatoes, Fresh	Boil 20 to 30 min.	
" Canned	Boil 15 min.	
Turnips	Boil 35 to 60 min.	3½ hrs.

CEREALS	TIME OF COOKING	TIME OF DIGESTION
Biscuits and Rolls	Bake 15 to 25 min.	3 to 3½ hrs.
Bread, Wheat	Bake (evenly) 1 hour	3½ hrs.
" Corn	Bake (evenly) 1½ hrs.	3¼ hrs.
" Boston Brown	Bake (evenly) 3 hrs.	
" Rye, Graham, etc.	Bake (evenly) 2 hrs.	
Cakes	Bake 15 to 45 min., according to size	
Cookies	Bake 10 to 15 min.	
Custards	Bake (slowly) 1 hour	2¾ hrs.
Ginger Bread	Bake 20 to 30 min.	
Macaroni or Spaghetti	Boil (rapidly) 20 min.	
Pies	Bake 20 to 40 min.	
Rice	Boil 30 to 45 min.	1 hr.
Sago	(Soak 1 hour) boil 1 hour	1¾ hrs.
Tapioca	Boil 45 to 60 min.	2 hrs.

NOTE.—Fruits and Vegetables require an average of 1¾ hours for digestion.

Animal Food requires from 3 to 5 hours for digestion.

THE DELIGHTS OF CHRISTMAS TIME.

(See index for simple and up-to-date recipes.)

FOOD FURNISHED BY THE SEA, LAKES AND RIVERS.

See Chapter entitled "Fish"—"Shell Fish"—and note all the favorite ways of cooking them, as well as their value to man as brain builders.

THE NATIONAL COURSE IN HOME ECONOMICS

How to Practice Economy in the Home

Containing Original Suggestions on Home Milinery, Home Dressmaking, Fancy Work, Home Decorating, Home Laundry, Home Gardening, Home Cooking, etc., etc.

BY

RUTH ALLEN BEEZLEY,
Associate in Domestic Economy, Lewis Institute, Chicago,
Formerly Instructor in Cooking and Sewing, Winona College, etc.

It Contains also More Than One Thousand Tested and Approved Economical Recipes, Contributed by Prominent Women Covering Every Branch of the Art of Cooking, including Modern Up-to-date Dishes, Picnic Cooking, Chinese Dishes, Eat to Grow Thin and Eat to Grow Fat Menus, Special Menus for Holidays, etc., etc.

BY

ANNIE R. GREGORY,
Noted Authority and Instructor in Household Economy

The Art of Carving Illustrated

BY

A. CHABRISON,
Famous Club and Hotel Chef of America

Embellished with Many Colored and Photo Engravings Illustrating the Preparation of Plain and Fancy Dishes, Table Decorations, the Selection of Meats, etc., etc.

The Whole Forming a most Complete Guide to the Management of the Home and Its Environments

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NATIONAL SCHOOL OF HOME ECONOMICS

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Introduction

A home-maker must be a housekeeper or at least understand what good housekeeping is. Those women who have been engaged in the study of home-making have grown to feel that it is a profession, a thing of so great importance that it calls for years of careful preparation and earnest study. The general impression exists that a girl can grow up without any knowledge of cooking and housework and when the time comes fall into domestic ways and become a good home-maker.

Women have always kept house—hence the conclusion that home-keeping is woman's natural province, for the duties of which no especial training is necessary. In our early days a girl's opportunities were very limited and there was plenty of time for them to become proficient in the duties of home-making. In these days the changed economic conditions and greater educational opportunities have brought about great changes and we find women on an equality with man and practically economically independent of him. However, though she may be a teacher, stenographer, bookkeeper, etc., she will nevertheless finally fulfill her real mission in life and become a wife and home-maker.

These lessons of the National School of Home Economics have been prepared to supplement the work being done in the schools and to give the busy housewife the advantages of instruction and help based upon the best thought in the Science of Home Economics. The correspondence privilege extended to members, as per terms of certificate, affords an opportunity to keep posted as to new ideas, new styles, new dishes, etc., which will prove of great value.

The High Cost of Living has been kept in mind in the preparation of these studies. The lessons on Home Dressmaking, on Home Millinery, etc., cannot help being fully appreciated by all who practice economy and who still desire to conform to conventional styles.

The lessons on Preparation and Cooking of Food will be found especially helpful in producing nutritious meals at a minimum of cost. The instructions on Home Management, including proper furnishing of the home, How and What to Feed Infants, Simple Remedies for Prevalent Disorders, Special Food for the Sick and Convalescent, Toilet Suggestions and Recipes will help lessen the perplexities of all who use them as a guide and stimulate that just pride without which great excellence is impossible.

The final plea of the Director is that you make these lessons the "dictionary of your domestic affairs"—consult them freely, regulate the home accordingly, but do not forget that you can only keep abreast of the times, can only be the up-to-date home-maker by continuing your studies of home economics, and that the benefits of our School are yours for the asking.

Believe me, at your service,

RUTH ALLEN BEEZLEY,
Director National School of Home Economics.

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Home Dressmaking

LESSON I

THE HARMONY OF DRESS AND HINTS ON BUYING

"IT is much to know fine clothing from poor, to be a judge of values, to buy with taste." We need only to look around us a short distance to see that a few suggestions on the subject of harmony in dress will not go amiss. We are desirous of being fashionable to the degree that we begin to overlook individuality in the matter of dress. For instance, if we see that purple is to be the fashionable color of the season, all of us feel that we must have purple. There are very few colors which every woman can wear becomingly. What will suit one complexion very seldom does for another, and for this reason we should study ourselves with regard to harmony of color in dress.

It would be impossible to set a scheme of colors for every type, for the shading from the brunette to the blonde is too gradual.

We may, however, make a general classification, dividing ourselves into three big classes, the blonde, the light brunette or medium, and the dark brunette. Under this classification a few general rules may be set as a foundation upon which a more elaborate scheme may be enlarged upon to suit the individual case.

The blonde may wear light blue, light shades of green, dull gold, and neutral shades of any color rather than positive ones. Avoid red, orange, yellow, purple, and brown.

The pale brunette is in need of warm colors, although here again neutral colors are better than positive ones. Warm brown, gold color, maize, old rose, and modified red are good. Light blue and green, pale violet, and all hues of purple and pink are colors that should be avoided.

For the brunette, red, maroon, dark blue, rich maize, yellow, and gold color are becoming.

Never wear light blue, light green, pale violet, purple, or pink.

All may wear white, and black with white trimming.

In addition to personality being observed in the choice of color, the same degree of care should be taken in the style of pattern used.

The short, stout woman should wear dresses with long lines. Ruffles, frills, or any trimming which would tend to shorten the general length of the garment should not be used. An extremely tight-fitting garment emphasizes the size of the wearer.

The tall, thin woman should also leave tight-fitting garments alone. Only the normal size woman can afford to wear this style. Long lines should be broken as much as possible in the clothes of the thin woman. Crosswise trimming is best.

The best material that can be afforded should be put in dresses, for cheap material is usually lacking in firmness and the garments made from it soon lose their shape.

It is best to patronize reliable firms, for in the end their products are cheapest. Learn from personal inspection where the best in any certain line is carried. One firm is often noted for its superior line of silks, while another may excel in woolens.

In buying silk it is better to buy a soft, pliable piece than a heavier one which is weighted with foreign matter, for the softer piece will outwear the other. Fray out some threads of silk and try them to see if they break easily. If they do, the silk is poor quality. Good silk will not wrinkle easily when crumpled in the hand.

In the selection of woolens, never buy a rough, loosely woven piece, for when washed it will shrink and draw out of shape. Beware of a piece that has short ends which break away when raveled.

When buying linen it is best not to lay in a stock too far ahead, for the bleaching in linen often affects its wearing quality. The threads in good linen should be long, round, and lustrous. When raveled the threads should not pull apart and fuzz, for this is a sign of cotton. It is better to buy a soft linen than one that has been made stiff by starch and sizing. Rub a little together in your hand to see if the stiffness remains.

LESSON II

DRESSMAKING EQUIPMENT

After the careful purchasing of material, great care should be taken in the making of it. If possible, a separate room should be set aside for sewing. It should be a well-lighted, ventilated, and heated room, with varnished or linoleum-covered floors, which can be easily kept clean.

A standard sewing machine, kept in good repair, a cutting table, an ironing board and iron, a few straight-back chairs, a large mirror, and a dress form are essential.

Among the smaller articles which complete the dressmaker's outfit are a tape measure, a yard stick, a pin cushion filled with good sharp pins, two pairs of scissors, one large pair for cutting heavy material and another

smaller pair for general use, thimbles, a variety of thread, a good grade of medium and small needles, and an emery for sharpening them. A chest of drawers in which old patterns may be filed is convenient, for the material which is being worked upon may be folded and placed here over night to be kept free from dust.

Always keep the room as neat and clean as possible, sweeping up the scraps from one garment before starting another.

Patience must be observed in sewing. Learn to be accurate about every detail. Take measurements carefully—study and alter your pattern with the same degree of care that you use when you sew the trimming on the dress. Accurateness is essential to perfect-fitting garments.

When sewing never sit in a stooped position. Sit nearly erect, holding your work up to you, at a correct distance from your eyes.

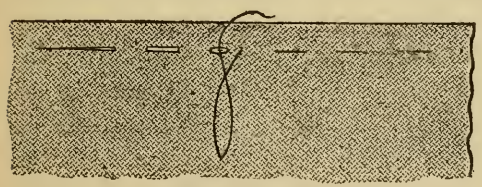
The number of the thread and needles used will always be determined by the material being worked upon. It is best, however, to use as fine a needle as possible, for smaller stitches can be taken with it. Size six or seven is best for best basting, and eight for ordinary sewing.

Always cut thread, never bite it. Use thread not longer than arm's length, for a longer thread is more apt to tangle and is not satisfactory.

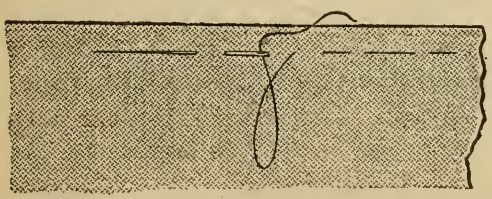
LESSON III

SEWING STITCHES

Basting is the temporary stitching which is used to hold two pieces of cloth together while the permanent stitching is put in. The basting must be carefully done, if the stitching is to look well. There are three common kinds of basting, even, uneven, and diagonal.



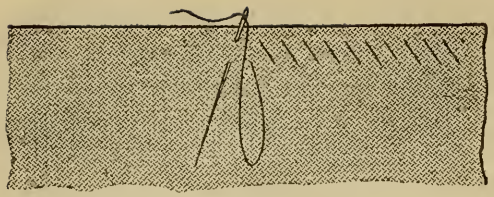
EVEN BASTING



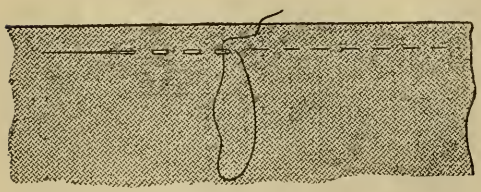
UNEVEN BASTING

Even basting is the taking of stitches of the same length, leaving spaces of equal length.

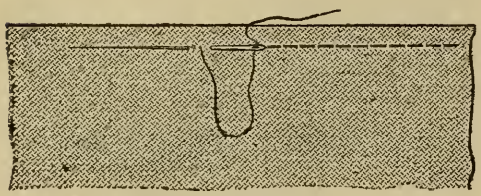
Uneven basting is made by taking one long stitch and one or more short ones. This is used where there is not as much strain on the material as there is in even basting.



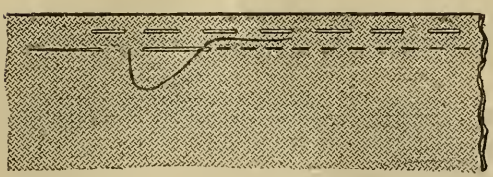
DIAGONAL OR CROSSWISE BASTING



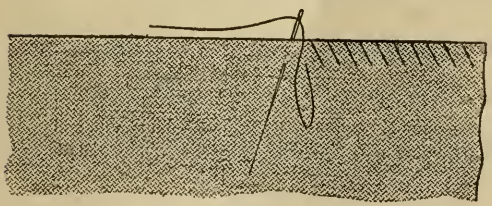
RUNNING STITCH



BACK STITCH



HALF BACK STITCH



OVER-CASTING

Diagonal or crosswise basting is the taking of stitches of equal length, in a diagonal manner. This is used in basting a lining to an outer garment.

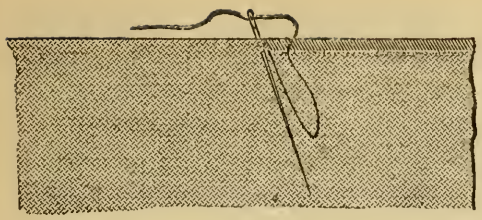
When the strain is not great on a seam or when the material is too thick to conveniently make it on a sewing machine, or on a very expensive gown where handwork alone is desired, the permanent stitches are taken by hand. Those most frequently used are the running stitch, the back stitch, and the half-back stitch.

The *running stitch* is made by taking stitches of equal length, as in even basting, but very much shorter than even basting stitches. This stitch is used where practically no strength is needed.

The *back stitch,* which is used to take the place of machine stitching, is made by taking a stitch backward on the upper side and one twice as long forward on the under side.

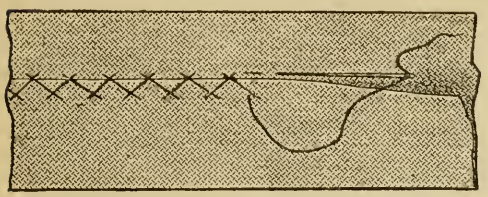
Half back stitching is made the same as back stitching, except that the back stitch on the upper side of the material is taken only half way back to the last stitch instead of all the way. It is used where there is not as much strain on the seam as there is in the back stitch.

Raw edges of a seam that ravels easily are over-cast. *Over-casting* is a slanting stitch taken over the edge; the needle should point to the left, and the threads should not be drawn very tight. The stitches should be less than a fourth of an inch long and the same distance apart. All edges of material should be trimmed smooth before over-casting.



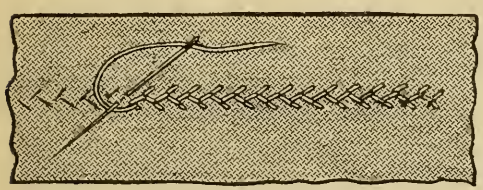
OVER-HANDING

Over-handing is used to join two folded or selvedge edges. The stitches are very small and are taken over the edges, which have been basted evenly together.



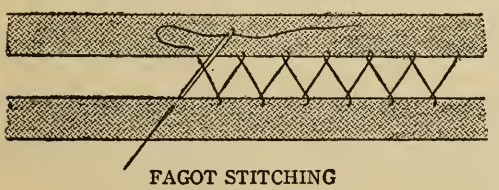
CATCH STITCHING

Catch stitching is used to finish seams or hold down seam edges. It is especially preferred to finish seams on flannel garments because it makes a smoother, less bunglesome seam than can be made otherwise. Leave the knot on the underneath of the material, on the side nearest you. Slant the thread across to opposite side and take a short stitch, including a few threads of material, to the right, having the needle point away from the thread. Then cross back, taking a similar stitch.



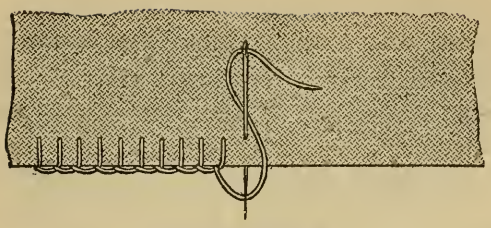
FEATHER STITCHING

Feather stitching is used to decorate undergarments, or when worked into a design it is often used on dainty waists and infants' dresses. Make the knot on under side of cloth; hold the thread down in a straight line, then insert the needle a little to the left of this line and take a short, slanting stitch toward the line. Hold the thread down with the thumb while drawing the needle out over it. The second stitch is taken on the opposite side of the line, also slanting toward the line; the needle is inserted for the second stitch at the line level with the bottom of the first stitch. This may be varied by taking two or three stitches on the left before crossing to the right, and taking the same number there, making a double or treble feather stitch.



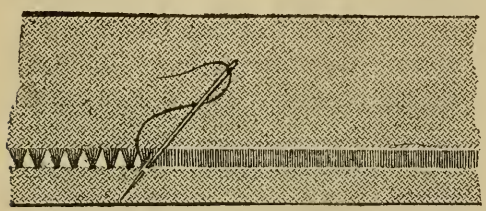
FAGOT STITCHING

Fagot stitching is also ornamental stitching. It is used in joining pieces of ribbon or cloth. It is done by crossing from left to right, like feather stitching, except that the needle is inserted under the edge of the ribbon or fold, and brought out on top, the needle pointing from the center instead of pointing toward it.



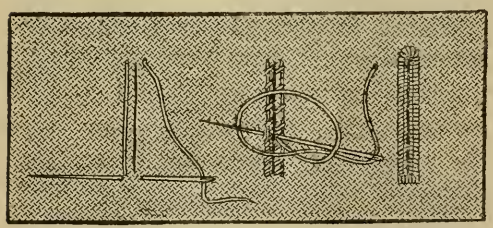
BLANKET STITCH

The *blanket stitch* is used to protect the edge of heavy woolen goods, as well as to ornament it. The edge worked upon it is held toward you as you work from left to right. Insert the needle to the required depth, holding the thread down by the left thumb. Bring the needle out, allowing it to come over the thread, thus forming an edge. Hold thread again with the left thumb, and insert the needle about an eighth of an inch from the place where it was inserted before, and repeat the stitch. Originality may be brought into it by varying the lengths of the stitches and their arrangement. Heavy silk is best for the blanket stitch.



HEMSTITCHING

Hemstitching is an ornamental method of finishing hems in linens. Draw threads across the material to the desired width of stitching. Baste down hem even with the last thread drawn, nearest edge. Hide knot in hem, nearest the left end. Hold material over forefinger of the left hand. Take up four or five threads of material on needle, and draw needle through, forming a loop with the thread in it. Draw the loop tight, and, holding it firmly with the thumb, insert the needle in the edge of hem, at the right of the loop made, and repeat.



BUTTONHOLE STITCH

Buttonhole stitch. In this stitch an exception is made regarding the length of the thread used. The thread should be long enough to finish the buttonhole without rethreading the needle. Cut the buttonhole a little larger than the button, because the thread used in making it makes it a little smaller. Baste around the line to be cut for buttonhole, to hold the goods firmly in place. Double the material so that the fold will divide the length of it in half, and cut along a thread in the material to be sure it will be straight. Overcast the edges to prevent them from fraying. Thread the needle with coarse thread.

Bring the needle through from the wrong side, from the inner end of cut, so that the end where the greatest strain falls the work is unbroken.

Fasten the thread by taking two small stitches at the same place. Never use a knot in making a buttonhole. Hold the buttonhole over the first finger of your left hand.

Working on the edge nearest you, bring the needle out about an eighth of an inch from the cut edge. Before drawing the needle out, draw the thread, doubled as it comes from the eye of the needle, under the needle, around to the left. Bring the needle through the loop just formed, to draw the thread so that loop forms a stitch at the top of cut edge. Make the next stitch very close to the first, inserting the needle through the material the same distance from the cut edge as the first one was.

At the end of the lower edge, begin to spread the stitches around the corner, and continue along the upper edge the same way.

Finish the buttonhole by taking two short stitches, one over the other, and across these work several stitches close together.

When practicing these stitches, use coarse material, such as unbleached muslin. Colored thread will show up the stitches best.

LESSON IV

CUTTING AND SPONGING

Be careful in cutting material. Most woolen materials have a "nap" to the goods, that is, a "pile" of threads pressed smooth. This nap should always run downward in garments, except velvet or plush. In these it runs upward so that its natural tendency to fall outward will give it a richer, deeper color. Panne velvet is the only exception; it should be cut with the nap running downward. In cutting several pieces of material to be sewed together, care should be taken that the nap runs in the same direction in all of them. Otherwise the light will be reflected differently, giving it the appearance of different shades of goods.

One must also be careful in cutting figured or plaid goods. The figure should run in the same direction in all pieces, and when joined the pattern should be matched. Cut the center gore, and before cutting the next bring the goods up to the first one and match the pattern in goods. Then lay the paper pattern on and cut.

If two gores form a seam in the back, cut the material doubled, so that the patterns in the goods lie exactly together. This often necessitates the waste of a little material, but there is no other way of matching.

When cutting the waist, have the stripes or pattern match at the shoulder seam.

The selvedge edges of all wash goods should be cut off before cutting out the material, for in washing it does not shrink to the same extent that the rest of the cloth does, and gives it a puckered appearance.

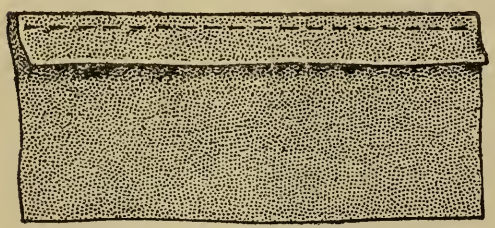
It is best to shrink wash goods before making up into garments. The color may also be set at this time, by soaking the goods for several hours in cold salted water. Then rinse thoroughly in clear water, wring out, and press dry.

It is good to sponge woolen cloth before using, as water often spots it afterwards. To sponge, wet a piece of heavy muslin and wring it out. Place over cloth to be sponged and press dry. Work slowly. If the material is heavy, sponge on both sides.

LESSON V

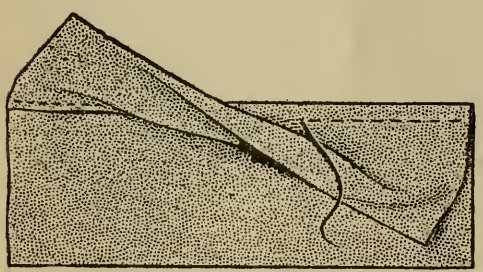
SEAMS

Seams. A seam is the joining of two pieces of cloth. There are four kinds of seams used in dressmaking. They are the plain seam, the French seam, the flat-felled seam, and the French-felled seam.



PLAIN SEAM

The plain seam is the mere joining of two edges of material so that they meet on the wrong side of the garment. This style seam is used on heavy goods where other kinds would be too clumsy. The raw edges in this style seam are either bound with narrow seam binding or are overcast.



FRENCH SEAM

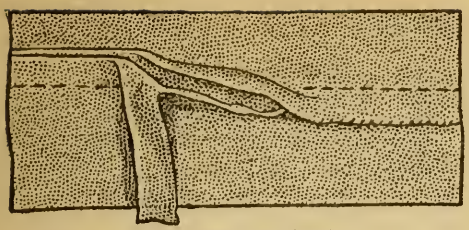
The French seam is made by joining the pieces of cloth so that the raw edges first come on the right side of the garment. They are then trimmed and folded in a crease made deep enough to cover the edges. The second stitching is then made on the wrong side of the goods. This seam is generally used on wash garments, as wash waists, underskirts, and summer dresses.

DISHES FROM THE FIELD AND GARDEN.

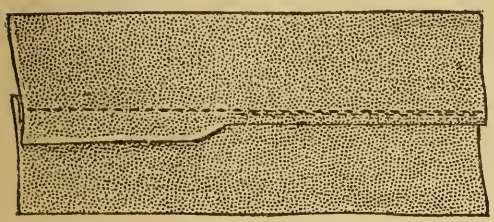
The more a man follows nature, and is obedient to her laws, the longer he will live; the farther he deviates from these, the shorter will be his existence.—*Hufeland.*

FRESH FRUITS AND HOW TO SERVE THEM.

Recipes for above dishes with scores of other simple, yet novel desserts, are found within this book.



FLAT-FELLED SEAM



FRENCH-FELLED SEAM

The flat-felled seam is made by joining the material with the edges coming on the wrong side. Then trim one edge of seam quite close to stitching, and cover it by folding the other edge of seam over it, turning in raw edge and basting it flat to the material. This seam is used on undergarments which touch the body.

The French-felled seam is made by joining the two edges to finish on wrong side. Trim off one edge and fold the other edge over it, turning in a small hem. Instead of sewing it flat to material, double it over the trimmed edge, forming a fold, and stitch it at the same place where the first stitching was made. This seam is often used in joining embroidery to cloth, or in collars and cuffs to make them strong.

LESSON VI

PLACKETS

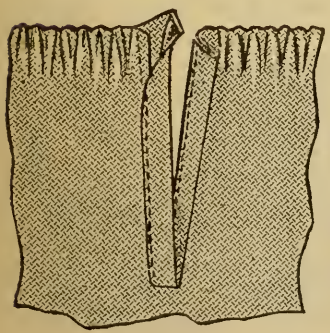


FIG. 1

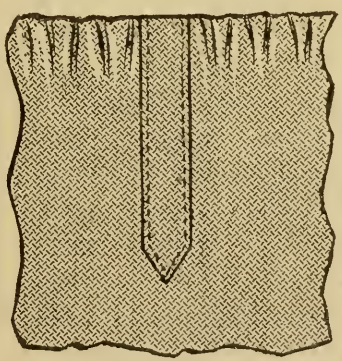


FIG. 2

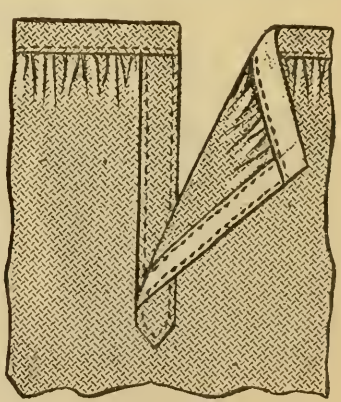


FIG. 3

For petticoat. Cut a strip of material two times the desired length of placket, and three and a half inches wide. Sew one long side of this to the right side of the edge of opening, on both edges. Then fold the

strip of cloth over, so as to cover the raw edges, and, turning in a narrow hem, sew along the same lines as the other edge was sewed.

When finished, one side of the placket extends straight out from material to form the underlap, and the other is turned under even with the line of the back seam of the skirt. The set-on strip is entirely hidden when the placket is finished.

For sleeves of tailored waists, and plackets of drawers. Cut placket into material the desired depth of placket. Cut a strip of material twice the length of placket and one and a half inches wide. Turn in a quarter of an inch along both long edges. With the raw edges turned in, stitch the strip on the right side of the underneath and on the wrong side of the top piece. Finish the placket by setting a strip of the material on top wide enough to cover previous stitching. Make the bottom of the piece pointed, turning in all raw edges.

Another underwear placket. If there is no seam, cut opening the desired length. Cut a strip of material two times the length of the placket and three and a half inches wide. Fold the two ends together and press a crease in the center. Then fold it in two lengthwise and crease (Fig. 3A). Open, and cut out one quarter shown by creases, leaving a small edge to fold under. Baste the long edge of this piece to both edges of the placket. Turn the wide part back, folding in the raw edge so that it just covers the first stitching. Then turn back the narrow strip left and stitch it down to garment to form a facing. The wider piece forms the under lap. Then turn back the end of the under lap, baste, and stitch across on the outside (Fig. 3B).

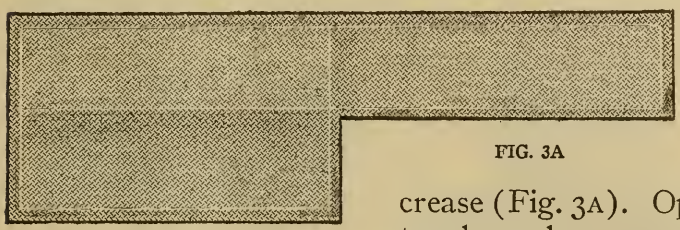


FIG. 3A

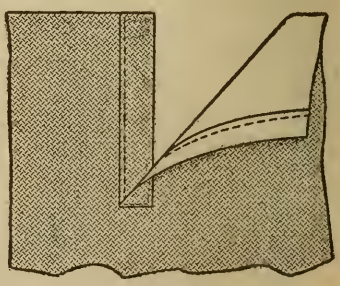


FIG. 3B

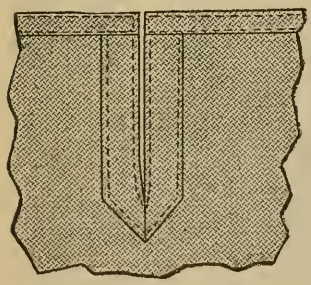


FIG. 4

Gusset placket. Used on bottoms of men's shirts where no lapping is necessary. Cut placket desired length. Sew a strip of material on wrong side of opening along both edges, bringing it to a point at the lower edge.

LESSON VII

USE OF COMMERCIAL PATTERNS

Before buying a pattern, have your measurements taken carefully. Bust measure should be taken loosely over fullest part of bust, up to a raise of about two inches in the center of back. Hip measure should be taken nine inches below waist line. Waist measure should be taken snugly at normal waist line. These are the only measurements necessary for buying a pattern.

After the pattern is purchased, read the directions carefully before laying it on material and cutting. Usually only one half of a pattern is given, so that all pieces are to be cut doubled.

If your figure is out of proportion the pattern may be altered to fit it. This should be done before material is cut. (Fig. 4). For instance, if you are shorter waisted than the pattern, do not cut out by pattern and try to remedy the material afterwards. Alter the pattern first. Know your measurement from the center of the collar seam in the back to the center of the waist line in the back; also from close underarm to waist line and from neck seam in center front to waist line there. Compare with the measurements of pattern. Take a plait in pattern the necessary width, which is the number of inches difference in your measurements and those of the pattern, about two inches above the waist line. Even off seams of pattern after plaits are laid.

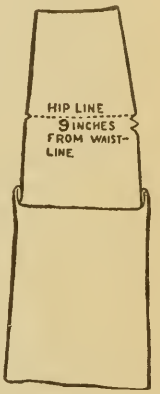


FIG. 1

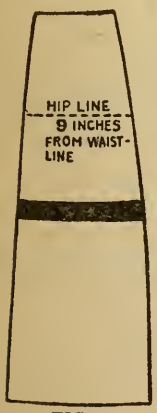


FIG. 2

For a longer waisted person the measurements should be taken the same as before, and the pattern cut apart at the place where the plait was taken before (Fig. 5). The necessary addition in length is made by separating the cut pieces of the pattern the required number of inches.

Alter skirts in the same manner, making necessary changes five inches below the hip line.

Sleeves are altered in two places, a few inches above and a few inches below the elbow line (Fig. 3).

To increase the waist size, cut darts in pattern along the waist line and spread open the required amount. To decrease the waist size, take small plaits in pattern at this place.

After the pattern has been altered to fit, it is well to make a pattern from lining material,to use for further reference.

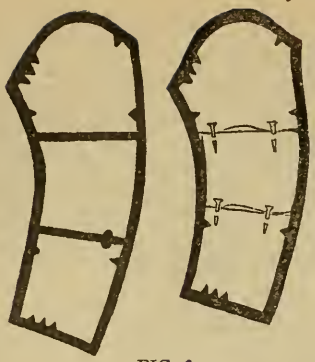


FIG. 3

FIG. 4

FIG. 5

When making a gored skirt, the order in which the work is done is as follows:

(1) Take measurements.
(2) Alter pattern.
(3) Place pattern to best advantage on cloth.
(4) Cut material.
(5) Remove and put away pattern.
(6) Pin and baste seams.
(7) Fit on you.
(8) Alter, if necessary.
(9) Stitch.
(10) Press seams.
(11) Finish seams and placket.
(12) Make and attach waist band.
(13) Mark length of skirt and finish hem.
(14) Sew on fastenings and loops to hang by.
(15) Press.

The same directions for order in which shirtwaist should be made:

(1) Take measurements.
(2) Alter pattern.
(3) Place on material and cut.
(4) Make sleeves, cuffs, and collar band.
(5) Make box plait on right side of front and hem on other.
(6) Baste shoulder and underarm seams.
(7) Pin neck band and mark for seams.
(8) Fit sleeves and mark for seams.
(9) Sew sleeves in.
(10) Arrange fullness around waist on tape.
(11) Make buttonholes and sew on buttons.

Millinery in the Home

LESSON I

SELECTION OF SHAPE AND MATERIALS

IN these few lessons on millinery a simple outline is made which should be a help to the woman who does her own hat-making at home. Originality and personal touches, of course, can be added to the trimming of every hat to suit the wearer.

In the selection of a hat, even more so than in that of a dress, the personal features and complexion of the wearer should be studied. The hat comes nearest the face, and harmony of color must be observed. Choose colors which blend with the shade of your hair and eyes. If your complexion lacks warmth, here is your opportunity to supply it.

The appearance of the shape of the face may be greatly affected by the shape and style of the hat worn. A becoming hat is one that tends to lessen the sharpness of an overly pointed nose and chin; it has the effect of filling out a narrow face and lengthening a too fat one. It emphasizes only the best points.

The girl with a full, round face is usually aided in appearance by a wide-brimmed hat. The crown should be high if the wearer is short enough to stand an addition in height. Very tall girls look better in a flatter crowned hat, for it tends to cut off a few inches from the height in appearance.

Large foreheads should be covered partly by the hair, attractively arranged over them, and a hat which fits down considerably low. Three-cornered hats, or any styles which have an angle coming out in front, should not be worn over thin faces with pointed features. Small, close-fitting hats are best suited to such faces.

The trimming added to a hat may be made to emphasize the general effect sought after. Much depends upon the dressing of the hair, as to how the hat looks. A little lock on the sides, arranged loosely, is becoming to most women.

Materials. The materials used in millinery are not very expensive; it is the making of the hat that increases the cost. By exercising patience and using taste, just as beautiful hats may be made at home as can be bought.

For the inexperienced milliner the ready-made frames are the most satisfactory. These can be purchased in a variety of shapes for twenty-

five cents. Care should be used in the selection of a shape to choose a becoming one, observing the above suggestions.

If, however, you are unable to obtain the desired shape in a ready-made frame, one can be made at practically the same cost. Good buckram sells for sixteen to twenty-two cents a yard. (One yard should make two hats.) Medium-sized wire comes in rings of various lengths. Enough may be bought to wire one hat for five cents. Larger rings, containing thirty-six yards, sell for a quarter. Crinoline comes cheaper than buckram, and a half yard, or even less, is sufficient for one hat. A good pair of wire cutters is essential. These are sold at hardware and department stores for twenty-five and fifty cents.

In buying velvet to cover a hat, material is saved by having it cut on the bias.

Strong thread and long, strong needles are a necessity in making hats.

LESSON II

MAKING A BUCKRAM FRAME

The first step necessary in making a buckram frame is to measure the head-size of the wearer. Do this by bringing a tape measure around the forehead to the back of the head, not too low down.

A pattern should be made of paper, from which to cut the buckram frame. Decide the shape of the hat desired by studying the features of the wearer.

The brim may be irregular in shape, although this style is more difficult to make than the perfectly round ones. Cut a circle of paper twice the width of the brim desired, to allow for the front and back, plus the diameter of the head-size (Fig. 1). Then fold the paper circle in two, and measure on fold the width of brim from both ends. The space in between is the head-size diameter; from it draw circle. If the hat is not to be perfectly round, trim it narrower where desired, while the pattern is still folded. If brim is to fold up on one side, the pattern must be made wide enough to allow for this.

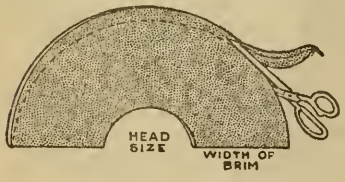


FIG. 1

After the pattern has been made, pin it on buckram and cut it out. Draw the circle of the head-line, with a pencil, on the buckram; then draw a second circle three-fourths inch inside this, and cut around the smaller circle.

From this small circle cut slashes in buckram, an inch apart, to the circle of the head-size (Fig. 2). This is to turn up into the inside of the crown. If the brim is to be perfectly flat, wire the outer edge, by cutting a wire a little longer than the distance around outer edge of brim. Lap the ends in the back and sew to edge, using a blanket stitch. Make the stitches close together.

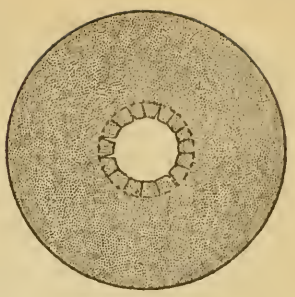


FIG. 2

If brim is to be turned up, or made in mushroom shape, crease plaits in edge of buckram brim. The greater the turn desired, the larger the plaits should be made. Open up plaits and slit the edge along one crease of each plait. Lap buckram edges slit, over each other, and sew firmly. Then wire edge as before.

Next cut a strip of buckram for the side of crown, as wide as the desired height of crown and as long as distance around head-size plus one inch for lapping. Lap ends one inch and sew firmly. If the crown is to be narrower at the top than at the bottom, as is usually the case, especially with high-crowned hats, lap the ends more at the top than at the bottom. A dart may also be taken in at the top of the front of the crown. Even off the top edge of buckram and wire it. Sew wire to the edges at the inside of the top and outside of the bottom, using the blanket stitch again.

Then sew it to the brim by placing the edges around inside of head-size of brim, inside lower edge of crown, and sewing them flat to it firmly.

For top of crown, cut a piece of crinoline an inch wider than top of crown and sew it on over the top, lapping the extra inch down over the sides of crown. Sew it flat to sides. The frame is now ready to be covered.

LESSON III

MAKING A WIRE FRAME

Wire frames are used when the hats are to be covered with lace, embroidery, or some thin transparent material. Wire frames may be purchased ready made at small cost.

To make, measure head-size as before. Make a circle of wire this size, lapping the wire in back and fastening ends together by wrapping securely with finer wire.

Next cut four wires of equal lengths, as long as twice the brim, plus the length of wire required to form a semi-circle over head, down as far

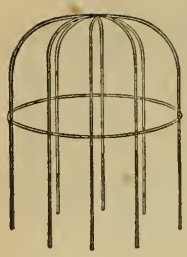


FIG. 1

as head-size wire fits. Join these wires in center so that the wires form equal angles. Fasten securely by wrapping with finer wire and pinching together with the flat end of wire cutters.

Bend wires to fit head. Then fasten to head-size wire, equal distances apart. Bring head-size wire around outside of other wires (Fig. 1).

Make two circles of wires, each smaller than head-size one, and fasten them to semi-circle, inside of it. These are brace wires to give strength to frame. Next bend ends of wires out flat from head-size, turning them up if rolling brim is desired (Fig. 2). Measure a wire around the outer edge of these ends and make a circle. Bend the ends over the circle and fasten them to it, equal distances apart.

FIG. 2

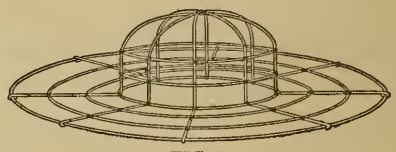


FIG. 3

Make one or two smaller circles and fasten them to wires, between edge and head-size, or brim. These are brace wires (Fig. 3).

A wire frame should be covered with net or chiffon before final covering is sewed on.

LESSON IV

COVERING AND LINING BUCKRAM FRAMES

Buckram frames may be covered with velvet, silk, straw, or material to match a costume.

The buckram frame should be bound around the outer edge of the brim with a strip of crinoline or muslin. The binding should be cut on the bias and be about an inch and a half wide. Fold it in two lengthwise, and, placing this fold over the edge of the brim, stretch it tight around the hat. Mark where the ends meet and join. With a running stitch fasten the edges to the brim. This is used to sew the cover of the hat to.

To cover frame plain. Cut two pieces of material with which hat is to be covered, from the pattern by which buckram was cut, leaving a half inch turning all around. The center of front and back of pattern should be placed on bias of cloth and marked by notches.

If brim of hat is not flat, a new pattern will have to be made by fit-

ting a piece of paper to the buckram and folding in the necessary plaits. Then cut material from this pattern. Often the shape of this pattern necessitates the making of a seam in material to insure a fit.

Cut place for head-size, allowing an inch within head line, which is to be cut into as far as head line to turn up against crown.

Place one piece of material on under side of frame, turning the edges over the edge of brim and pinning them to the binding on top. Sew material to binding, using overhand stitches (Fig. 1). Then sew slashed edge of head-size up inside the sides of crown, stretching the material smooth over the frame.

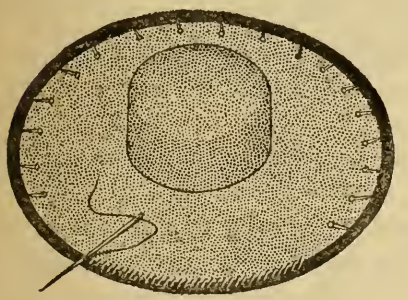


FIG. 1

Next slip the top piece over the crown, and pin or baste it down smooth to top of brim. Turn in the half-inch edge all around and slip-stitch it to facing.

Cover top of crown by cutting a circle of material a half inch larger than top of crown. Fasten edges down over top sides of crown, making small plaits in material and sewing them flat to buckram.

Last, cut a strip of goods on bias of material, just long enough so that when the ends are fastened together it will fit snugly around the sides of the crown. It should be one inch wider than the height of the crown. Sew ends together by running a plain seam on the wrong side of material. Press seam open. Turn in bottom edge a half inch and slip it over sides of crown. Then turn in top edge, so that it just comes to top of crown. The hat is then ready to be lined and trimmed.

Slip stitching. Knot thread, insert needle inside of fold of cloth, and take a long stitch. Directly opposite where needle came out, in fold on the other side, insert needle and take a short stitch. Repeat, keeping all long stitches on one side and short ones on the other. After taking several such stitches loosely, draw them up tight. The stitches should not show when drawn tight.

Lining. Cut lining depth of crown plus two inches wide, and the distance around head-size plus one inch long. Run a half-inch hem along one edge of material.

Sew lining to hat, just inside the lower edge of crown, turning in raw edges. Start to sew in center back, allowing a quarter of an inch at beginning for seam.

Sew with short, even stitches, taking care that they do not get all the way through to the right side and show.

Tape or baby ribbon may be run through the half-inch hem at the top and drawn up. A plain piece of the lining may be sewed flat to the top of the inside of crown before the ribbon is drawn. This prevents any of the buckram frame from showing.

To cover with silk. When covering a buckram frame with silk, first cover it with a thin layer of sheet wadding, taking the same care to have it neat and smooth that you do the outside covering. This improves the fit of the silk and gives the hat a richer appearance.

Shirred facings. In measuring materials to make shirred facings for hats, the length of the goods is the distance around the edge of the brim plus an allowance for shirring. This allowance varies with the weight of the material. The thinner the goods used, the more of it is required.

For velvet, the length allowed is once and a half the distance around the edge of the brim; for silk, twice the circumference of brim is needed; for chiffon and Georgette crepe, two and one-half times the distance around it; and for maline, five or six times. It is better to have the material for shirring cut on the bias of the goods.

When measuring for shirring threads, mark the lines with pins, or, if material is heavy enough, crease the lines into it. Be sure each line is straight and that the lines are parallel, that is, equal distances apart throughout the entire length. Take short, even stitches. Do not try to draw one shirring thread tight until all of the threads are sewed in.

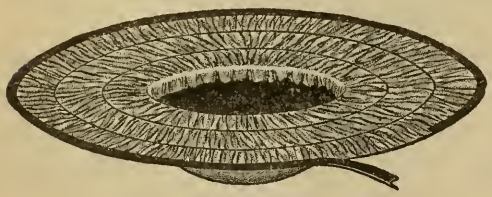


FIG. 1

When a shirred facing is put on the brim of a hat, the under side is covered first (Fig. 1). The edge of the shirring is sewed flat to the binding just over the edge of the brim on top. Take care to distribute the gathers evenly around the edge. Then pull the work down into the head-size and run a gathering thread just inside of the crown. Draw the gathering in to fit crown and sew firmly to inside of crown. Be careful here again that the gathers are evenly distributed.

Then draw threads tight in shirrings between the head-size and edge of brim. Fasten the gathering threads securely before cutting off the ends. Sew top on as described for first hat.

A pretty finishing for the edge of the brim of a hat with a shirred facing is a binding of satin.

To cover with braid. When covering a hat with braid, start at the edge of the brim (Fig. 1). The edge should be bound by a strip of the braid, sewing it down flat to brim on both the top and under side of it.

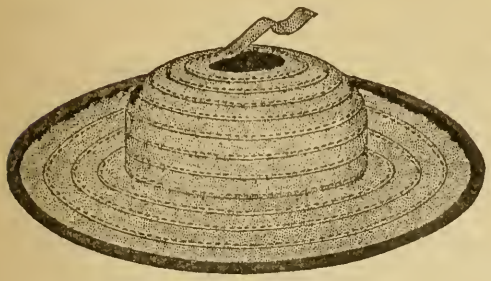


FIG. 1

Sew the braid on the upper side of brim first, starting by laying the edge of the braid level with the bound edge of brim. Sew the second row of braid lapping the free edge of the first row. Use a fine running stitch for sewing on braid. Most braid is loosely enough woven to allow the outer edge to be stretched as it is sewed on, thus allowing it to lie flatly against brim, avoiding wrinkles.

As the center is reached it may be necessary to run a gathering thread through the inner edge of braid to draw it up and make it lay flat as it is being sewed on.

The crown may be covered in two ways. The easiest way is to have the braid running in parallel rows across the top, having the ends finish down over the sides of the crown (Fig. 2). They are later covered by the braid which runs around the side of crown covering it. The other method is to continue sewing the braid on in a circular direction until the center is reached. The center is finished by twisting the cut end under and sewing it down flat.

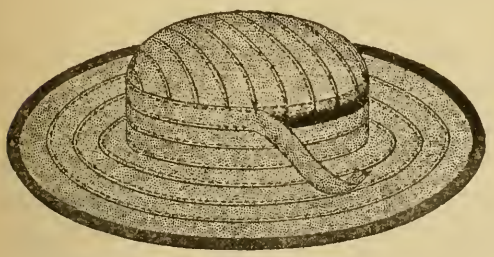


FIG. 2

Very often a plain piece of silk covers the top of the crown, and the sides of crown and brim are covered with braid.

Lacy braids are sewed over wire frames which have been covered by a net or chiffon of the same color.

LESSON V

THE TAM O'SHANTER

The tam is a style hat which is always fashionable and popular for the school girl, and is most easily made of all hats.

Cut a strip of buckram one inch longer than head-size, and two and a half inches wide. Join ends, lapping them almost an inch. Wire the strips on the outside edges, both top and bottom. Cover it with a strip of velvet cut on the bias and finished on the inside of band.

Cut a circle from velvet with a diameter of about twenty-one inches. Gather the outer edge of this velvet, and sew securely to band made for head-size. Sew it on the outside of this band, near the top edge. The outer edge of velvet circle may be box-plaited to band instead of gathered, if desired.

Line the hat as described in previous chapter. An inner lining may be cut a little smaller than velvet and sewed on under it to give the hat more body.

It is finished by sewing a bias band of velvet around the outside of head-size band. The velvet band is cut four inches wide, and the edges are hemmed with a catch-stitch. Sew it on, laying it in plaits running around band. The joining of the ends may be finished by a flat jet ornament, or a flat bow made from velvet.

A tassel may be fastened to the center of the top of the velvet, under a flat velvet-covered button.

All seams should come in center of back.

LESSON VI

TRIMMING THE HAT

Simplicity in trimming is the keynote of fashion. It is the general tendency of beginners to overtrim a hat. There can be no set rules as regards trimming, for not only do the style of ornaments change every year, but every woman requires a different type of trimming.

Wings, breast, and *feathers* of all kinds, if fastened to the hat at proper angles, are good. In sewing these on, use very strong thread, sew securely, but have the stitches hidden as much as possible.

Artificial flowers when used with taste can add greatly to the appearance of the hat. Small, simple flowers of delicate shades are best for children's bonnets and hats. Never overload a hat with them. One or two larger flowers is usually sufficient, in combination with foliage and simple ribbon, for the hat of an older person.

Ribbon is the most common trimming used, and if tastily arranged can give a hat a rich appearance. Grosgrain ribbon an inch or two wide, laid in some simple design and aided with an ornamental hatpin, beaded,

or jet trimming, is good. Bows, loops, rosettes and flowers may all be made of ribbon for hat trimming.

Many beautiful artificial flowers are easily made from ribbon to be worn on the dress, coat or muff, as well as for hat trimming. These can be made at home at small expense. We will give directions here for making roses and violets, and will be pleased to send directions for other flowers to anyone who will send in requesting them.

The rose may be made in different colors, yellow, American Beauty shade, old rose, and pink. It is a good plan to buy ribbon of two harmonizing shades of the same color. Make the center of the rose and the first few petals of the darker shade, and fasten the lighter petals at the outside.

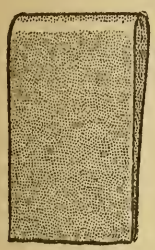


FIG. 1

For ribbon three inches wide, one and one-half yards are required in length.

Petals are cut from ribbon folded in two (Fig. 1).

Cut two petals one and three-fourths inches.

Cut two petals two inches.

Cut three petals two and one-half inches.

Cut three petals three inches.

With each petal folded in two, run a gathering thread through the raw edges, then overcast them.

Turn the corners of the first two petals down square, and fasten them down from underneath, through one thickness of ribbon, so stitches will not show (Fig. 2).

FIG. 2

Roll down the corners of the other petals (Fig. 3).

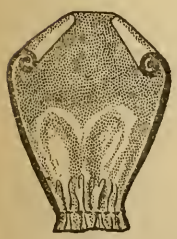


FIG. 3

Cut a piece of medium heavy wire for stem. Bend one end back, and twist it around stem to about an inch from end.

FIG. 4

Wrap this with a piece of the darker shade of ribbon, to cover the bended end of wire. This forms the center of rose. Sew the raw edges firmly to wire (Fig. 4).

Then fold gathered ends of first petal and fasten to stem, so that the petal just folds over the center. Without breaking thread, lap the next one over the first directly opposite it. The third one is placed to fold over one side of these, and the fourth over the other side. The rest of the petals are then fastened to the stem very securely, each one lapping a little over the edge of the previous one.

FIG. 5

When all of the petals are firmly sewed on, slip the wire stem through a calyx, and push it up to the rose. Then slip it through a seed cup and slide it close to the calyx.

The stem may be bought to cover the wire already made, and little holes may be pierced in it to hold the foliage. However, the stem may be made to look just as well by wrapping it with green baby ribbon, wrapping the leaf stems in as you work.

Rose foliage, calyxes, seed cups, daisy and violet centers can be purchased in the fancy goods department of large stores.

To make violets. Buy a bolt of ten yards of ribbon, one-half inch wide, violet shade, a spool of green covered wire for violet stems (ten cents a spool) and a bunch of violet centers (five cents a bunch). Cut wire into five or six inch lengths. Fasten three or four violet centers to one end of each by wrapping the wire around them and pinching them tight with the flat end of wire cutters (Fig. 1).

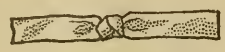


FIG. 2

Tie knots in the ribbon, one inch apart, twisting the satin side up always. Cut these knots apart in center of ribbon between them (Fig. 2). Fold ends together so that the knot is on top, and the satin side of the ribbon shows. Holding the ends together, gather five of them on a thread and draw them up tight (Fig. 3). Draw the green stem through the center of this ribbon so that the yellow centers just peek through. Sew the ribbon petals securely to wire.

FIG. 1 FIG. 3

After the ribbon has all been made up into violets, they may be finished by scattering a fernlike foliage among them and fastening the stems all together, or by putting the violets all in one mass and placing green violet leaves around the outside.

Wrap the stems in silver or violet colored tinfoil.

Well-Balanced Meal

LESSON I

COMPOSITION OF THE BODY

THE problem of feeding the family today is no longer merely, "What shall I plan for dinner today that will be a change?" If this were the only point to be considered it would be no problem at all, because of the many menus published in the newspapers. The problem is, "What shall I feed my family that will supply in proper proportions the nourishment needed?" In other words, we must study the composition of the body to learn how the food that we take into it is utilized, and find the proportions in which the various food elements are needed.

If we arrange menus so that the waste of food in the body is as little as possible, not giving an overabundance of one class of food and stinting on another, the cost of the meal should be perceptibly diminished.

In our course of lessons we will undertake the study of certain topics that will teach us to prepare a palatable meal at minimum cost, one which will supply the body with just what it needs.

Food when taken into the body has certain functions to perform. It builds bone and flesh, and supplies heat and energy to the body. Not all foods perform all of these functions, but all foods do at least one or more of them. Therefore in a well-balanced meal we must have a variety of foods that will, when combined, serve all of these purposes.

The body is composed of millions of tiny cells; each collection of these cells carry on a certain work in the body, and as a collection they form themselves into tissues of the body. As we work or play, these tissues are worn out, cell by cell, and new ones must be built to take their places. These are built from the food which we eat. In addition to replacing worn-out cells, and the forming of other new ones, the body must have heat and energy. The heat is brought about by the burning of certain foods in the body. Just as coal or wood, when burned in a stove, gives out heat, so the food we eat, when joined with oxygen in the body, burns and furnishes heat.

The oxygen, with which the food unites, enters the body largely through the air breathed into the lungs.

A brief outline of how the food is changed into flesh and bone will be helpful.

The food, when taken into the mouth, undergoes two changes. One is a physical change. This is brought about through the mastication of

the food in the mouth, and as it passes on to the stomach, a churning process there. The last physical action brought to bear on it is the process which takes place in the intestines, called peristalsis. This is the contraction of the intestinal walls, one ring at a time, pushing the food continually forward. The food is thus broken up into fine particles, so that it may be easily acted upon.

The other change is a chemical one. When we begin to chew food, saliva is poured into the mouth from the glands of the cheek. This saliva contains an element, in solution, called an enzyme, which mixes with the food and divides the starchy food present into very fine particles—too small to be detected by the eye. As the food passes on to the stomach, another fluid is mixed with it here—the gastric juice. It also has enzymes in it which act upon the food, dividing the particles into still finer pieces. Here the action which was started on starchy foods in the mouth is continued, and different foods are started to be broken up. As they leave the stomach and enter the intestines, still another fluid is mixed with them, and the food particles which have not been made small enough in the mouth or stomach have a last chance here. Not until the food reaches the intestines are the fat particles acted upon.

The walls of the intestines are porous, that is, they contain very tiny passages through which the food, when broken into small enough particles may pass into the blood. The blood in its circulation carries the food through the body to the cells which need it, building it up again into tissue form. If there is an excess of starchy food present it is taken out by the liver as the blood passes through it, and stored for future use. An excess of starchy foods may also be changed to fat and stored under the skin.

The lungs are also porous enough to allow the oxygen from the air we breathe to pass into the blood, thus purifying it, and when uniting with the carbon element of the food causing heat to be formed.

LESSON II

THE FIVE FOOD PRINCIPLES

In the previous lesson we stated that not all foods performed the same function in the body. Foods are divided into five classes for the purpose of studying them. These are *proteids,* or flesh-building foods; *carbohydrates,* that is, starchy and sugar foods, which furnish heat and energy; *fats,* which do the same; *mineral matter,* or bone building and fluid regulating food; and *water,* which regulates the general working of the machinery of the body.

We will take them up separately, treating them as to best method of preparation, food value of each, and examples of food in which each is found in abundance.

Proteid. "A diet should contain proteid enough to build and repair the tissues of the body." More proteid is needed for growing children than for the full-grown person, because in addition to the worn-down cells which have to be built up, still other new ones must be formed.

The hard laboring man needs from two to three times the amount necessary for the one whose occupation is sedentary. Meat, cheese, milk, eggs, and fish should be found in quantities in the diet of the former, while that of the latter should consist largely of fresh vegetables, such as turnips, beets, onions, squash, spinach, celery, lettuce, green corn, cauliflower, and cabbage.

Foods containing proteid in abundance do not require long cooking. The proteid often becomes coagulated and hardened so that it is very hard to digest, containing little or no food value when heated above boiling point.

Foods which are richest in proteid are: eggs, cheese, milk, beans, lentils, peas, beef, veal, codfish, herring, mackerel, oysters, walnuts, and peanuts.

An illustrative table shows the proportion of protein and other food elements found in some of the above mentioned.

	Protein	Carbohydrates	Fat	Mineral Matter	Water
Herring	36.4	..	15.8	13.2	34.6
Eggs	14.5	..	10.5	1.0	74.0
Cream cheese	25.9	2.4	33.7	3.8	34.2

Carbohydrates. We stated above that fats and carbohydrates, that is, starches and sugars, both were of value to the body for supplying heat and energy. This is true, but fats could not be eaten to perform this work alone, because of their difficulty of being digested. They are not acted upon in the body until they reach the intestines. Still, some fats are needed, because if carbohydrates alone were depended upon to furnish the body heat, the amount that would necessarily need to be eaten would prove too bulky for the digestive organs to handle.

An overabundance of carbohydrates may be changed to fat and stored in the body, but more may be eaten than the body can take care of, and then what excess is not thrown off by the excretive organs lodges itself

in crystalline form along the mucous surface of the arteries. This causes stiffness of the joints, rheumatism, lumbago, diabetes, and gout.

Small amounts of carbohydrates are necessary for middle-aged and old people.

Carbohydrates require long cooking, for heat has the effect of breaking starch particles into sugar particles, which are finer, more soluble, and therefore more easily and completely digested.

Foods abundant in carbohydrates are: potatoes, sugar, molasses, candy, honey, cereals, potatoes, bread, and macaroni.

The proportion of the food principles found in some of them are:

	Carbohydrates	Protein	Fat	Mineral Matter	Water
Sugar	100.0	..	..	..	..
Candy	96.5	..	..	0.5	3.0
Honey	81.2	0.4	..	0.2	18.2
Rice	77.0	8.0	2.0	1.0	12.0
Bread	53.1	9.2	1.3	1.1	35.3
Potato	18.0	2.2	1.0	1.4	78.3

Fats. Fats should not be eaten in the quantity that other foods are. Six or seven ounces a day is sufficient for a normal person. More than that would be hard to digest. It is best for a person when taken in emulsified form, that is, when made into gravies, salad dressings, and sauces. Bacon, which is 67 per cent fat, is digested quite easily.

Fat melts at a very low temperature, and loses its food value when heated to the stage where it smokes or burns.

Foods rich in fats are: olive oil, bacon, lard, butter, suet, nuts, fish, eggs, cream, and cheese.

	Carbohydrates	Fat	Protein	Mineral Matter	Water
Olive oil	..	100.0	..	..	..
Lard	..	100.0	..	..	..
Butter	..	85.0	1.0	3.0	11.0
Pecans	15.3	70.5	9.6	1.9	2.7
Cream	4.5	18.5	2.5	0.5	74.0

Mineral matter. This is as necessary to health as are the above mentioned foods. It is found in all digestive fluids, making it necessary for digestion. No tissue can be built without it. In cooking foods containing mineral substances, care should be taken that they do not lose their food value in cooking, for most of them are soluble in water.

Green vegetables, roots and tubers, raisins, eggs, oranges, and most cereals are rich in mineral matter, and most of them contain salt in solution.

Water. The body is composed of nearly 60 per cent water. It is absolutely essential to life. Among its uses in the body are: reducing food to liquid condition so that it may be more readily digested; diluting the blood and helping to carry the food supply to parts where it is needed; and carrying off the waste. It also helps to regulate the body temperature and keep the alimentary canal clear. Too much water cannot be taken into the system.

Outside of the water we drink, plain and in beverages, all of our food contains some water. Whole milk is 87 per cent water, eggs are 74 per cent, celery is 95 per cent, potato 78 per cent, and string beans 89 per cent water.

Another element which plays quite a prominent part in our eating, but which is not a food proper (for it neither supplies heat and energy nor builds tissue), is cellulose. It is the cell walls of cereals, and although it does not digest at all, it stimulates the muscles of the stomach and intestines into action, aiding digestion. This is the reason that bran bread is preferable to white bread. It is rich in ballast.

From this discussion we can see that a well-balanced meal requires a variety of food. Digestion is more complete when the diet is mixed, for if carbohydrates alone were eaten, they would leave the stomach so quickly that one would feel hungry too soon, although the body might be kept warm enough from them. If the meal consisted only of fat, the digestion would be so slow that a person would not have an appetite for the next meal, and therefore would not eat enough to be nourished. Protein alone would not be sufficient, for there would be no heat and energy.

For the meal to be well balanced there must be food for fuel, a good percentage of proteid, ash, and water, and the whole selected and combined to tempt and nourish the ones for whom it was prepared.

LESSON III

PLANNING THE MEALS

There are many considerations to be kept in mind when planning a meal. It should be attractive in appearance to stimulate the appetite; it should be well balanced, containing a variety of appetizingly made dishes; and it should be of moderate cost.

To have regular meals is important. The digestive organs can take

care of a limited amount of food and do it well. They can best work when trained to take care of practically the same amount each day, at regular intervals. To eat between meals is doing the digestive system a great harm.

Plan to have the meal served when the members of the family are not overly exhausted. To get proper nourishment from a meal, a person should be in a pleasant, quiet state of mind. Worry, extreme exhaustion, irritableness, excitement, and anger, all retard the flow of the digestive fluids and prevent normal digestion.

The planning of menus should not be difficult. We naturally combine foods containing the various elements. For instance, we put butter on bread because it improves the taste of it, at the same time it makes a more nearly perfect food. Bread contains 53 per cent carbohydrate, 9 per cent protein, 35 per cent water, 1 per cent ash, and 1 per cent fat. So by adding butter to the bread we increase the fat and mineral value of it. The same principle holds true in adding cheese to macaroni.

Take care that you do not have too many foods which are similar in color and flavor. It is better not to have two starchy vegetables, such as potatoes and rice, at one meal. Rather substitute a green vegetable for one of them.

Do not consider the menu of one meal alone, but figure out menus for two or three days at a time, in order to utilize all left-overs, and to supply a variety from one meal to the next.

The general outline for breakfasts should be:

(1) Simple Breakfast, (2) Moderate Breakfast, (3) Elaborate Breakfast

Fruit	Fruit	Fruit
Cereal	Cereal	Cereal
Toast	One hot dish	Meat or Eggs
Beverage	Toast	One other hot dish
	Beverage	Toast
		Beverage

Each dish may be varied every day; for instance, oranges, grapefruit, berries in season, stewed fruits, sliced bananas, and peaches may succeed each other on following mornings to fill the fruit supply.

Toast, baking powder biscuits, muffins, and pop-overs may be interchanged.

The beverage may be varied if so desired—coffee, tea, cocoa, postum cereal, or milk. Ham, sausage, steak, and bacon are popular breakfast meats. Eggs may be served to take their place or combined with them.

For the elaborate breakfast, corn fritters, fried potatoes, fried mush, or oatmeal will prove a variety.

As to cereals, there are countless numbers and prepared and uncooked ones on the market. A coarse-grained cereal is best. Wheatena, or bran cooked in a cereal, will aid in the digestion of the cereal.

A word here on the cooking of cereals may be said. Breakfast cereals, such as oatmeal, flaked wheat, etc., require long cooking. They are composed of cells enclosed in cell walls which can only be broken down by extreme heat. The food inside the cell walls is not reached until the walls themselves are made penetrable. It is a good plan to steam cereals, for steam penetrates where water cannot. When taking into consideration the amount of food value obtained in return for the money expended, it is found that cereals are the cheapest food on the market and should be used more freely than they are at present.

For further information on Cereals see page 436. The luncheon, like the breakfast, may be elaborate or simple, as desired. Three outlines are given below:

One hot dish	Soup	One or two hot dishes
Bread and Butter	One other hot dish	Bread and Butter
Dessert	Bread and Butter	Salad
Beverage	Dessert	Dessert
	Beverage	Beverage

A simple luncheon menu is:

Creamed Beef on Toast
Rye and White Bread Butter
Orange Tapioca
Tea

There is a wide variety allowed from day to day in the luncheon:

The dinner is the most elaborate meal. At dinner the meal may be started with soup, although for a simple home dinner this is not necessary. The general order for a dinner is, (1) Soup, (2) Two or three hot dishes, one meat and two vegetables, (3) Relish, either jelly or pickles, or both, (4) Salad, (5) Dessert, and (6) Beverage. The beverage may be served with the meal or at the end of it, as desired.

When serving a meal where the meat is very rich, endeavor to serve a tart relish; apple sauce is good with pork, and cranberries with fowl.

Dinner Giving

LESSON I

DINNER GIVING has become an art. It requires tact to select a group of guests who will be congenial; to so place them at the table that those having interests in common are seated next to each other. So important has the giving of dinners become to us as a nation that very often our statesmen bring about settlements of affairs pleasantly while at a small dinner party.

For a formal dinner, invitations are sent out ten days in advance. The reason for this is to give the hostess plenty of time to fill the vacancy made by any guests who decline. The hostess may write the invitation herself on note paper, or may have cards engraved announcing the meal. Whichever form she uses, the wording of the invitation is always the same:

Mr. and Mrs. Frederick Lane
request the pleasure of
Mr. and Mrs. George Lee's
company at dinner
on June 22, Thursday evening,
at eight o'clock.
739 West End Ave.

If the dinner is to be given in honor of a guest, the hostess may write, "To meet Mr. and Mrs. Montieth."

The dinner card is always addressed to both husband and wife, if married persons are invited. When other members of the same family are invited, separate invitations are sent to each one.

For small dinners, friendly notes are written to invite the guests. For example:

MY DEAR MRS. CRAIG:

Will you and Mr. Craig give us the pleasure of your company at dinner on Wednesday, the twelfth, at seven o'clock?

Very sincerely yours,
MARJORY GREY.

Prompt answers, written within one day, should be sent. Make the reply definite; you will be glad to accept Mrs. Lane's kind invitation, or you regret that illness in the family prevents your acceptance of Mrs.

Lane's kind invitation. Never say you will be glad to accept the invitation providing something does not prevent. If the invitation is formal, the answer should be the same, as:

24 Fairview Ave.
June 14, 19..
Mr. and Mrs. George Lee
accept with pleasure
Mrs. James Briggs'
invitation to dinner on
Thursday evening, June 22,
at eight o'clock.

A note is correct form to use in answering a note invitation to an informal dinner:

14 Courtland Place
April 24, 19..

DEAR MRS. GREY:

Mr. Craig and I will be most happy to dine with you on Wednesday, the twelfth, at seven o'clock. Sincerely yours,

MARION CRAIG.

If at the eleventh hour a guest is prevented from being present, and another is asked to fill the vacancy, be perfectly frank with the late invitation. Do not send a note to him such as the other guests received, but rather write a cordial note, explaining, the circumstances, as the following:

2300 Ridge Ave.
Feb. 7, 19..

DEAR MR. FENWICK:

May I impose upon your agreeable disposition, and ask you to help me out at a dinner party, on Thursday, the tenth? One of my guests met with an accident on the ice last night, and will not be able to be present. We are dining at seven o'clock. My husband and I will consider ourselves under pleasant obligations to you for the pleasure of your presence as well as the favor you will be doing us. Sincerely yours,

MARIAN CROSBY.

Such invitations should be answered at once in the same friendly terms that the invitation was worded.

14 Parkway Drive
Feb. 8, 19..

Dear Mrs. Crosby:

It will afford me great pleasure to dine with you, and at the same time serve you. I shall be with you on Thursday at seven o'clock, and hope to be able to assure you that the pleasure of the situation is all mine.

Very sincerely yours,
Thomas B. Fenwick.

Still less formal invitations may be given verbally over the telephone.

In preparing the house for a dinner party, first have it spotlessly clean, well aired, and simply decorated. Vases of flowers, set around on various stands, and shaded lamps serve the purpose of decoration. See to it that the comforts of the guests are closely attended. Provide a dressing room for ladies where their wraps may be removed. Gentlemen lay aside their coats, hats, and gloves in the hall.

The dining room, of course, requires the most attention. The temperature of this room should be kept at about 75 degrees. Ventilation is important; be sure that no odors from the kitchen be allowed to drift into the dining room.

The light in the room should be centered upon the table, so that every part of the cloth is radiant. If possible, have it so shaded that the eyes of the persons seated around the table are protected. Shaded candles serve the purpose of table decorations and throw a soft light on the table.

Setting the table. Before the cloth is spread, a thickness of felt or flannel should be placed over the table. Then a large white pure linen cloth should be laid, having the center crease of the cloth running straight down the middle of the table. The cloth should be long enough so that the four corners almost touch the floor.

A flat centerpiece of flowers is the chief ornament of every table. This may be in a flat basket or a large flat cut glass bowl filled with flowers. Have harmony of color in table decorations; for instance, pink sweet peas, pink roses, or pink carnations should be used with pink lamp shades. Yellow daffodils, yellow roses, or yellow jonquils look well when used on a table with yellow shaded lights.

The menu. The number of courses served depends upon the number of guests to be present, usually. If eight persons are present, seven or eight courses are served; for a banquet fourteen courses may be served. For six, a five or six course dinner is sufficient.

For an eight course dinner the order of serving is:

(1) Grape fruit or oysters
(2) Clear soup
(3) Fish
(4) Entree
(5) Roast
(6) Salad
(7) Dessert
(8) Coffee

LESSON II

HINTS ON THE PREPARATION AND SERVING OF A MEAL

There are three recognized forms of service, the English, the Russian, and the Compromise.

The English service is the most simple form and is the most practical where only one servant is employed. All of the food belonging to one course is placed on the table before the host, or hostess, and served by him or her.

The Russian service is extremely formal, and is used entirely for formal dinners and luncheons. A number of competent servants are necessary to conduct it well. The individual plates may be filled with food in the kitchen and brought in and placed before each person. Or the plates may be placed empty for each course, and all of the food, attractively arranged on suitable dishes, passed by servants, allowing each person to help himself. In this service there should be a servant to every two or three persons.

The Compromise, as its name suggests, is a mixture of the two above mentioned. In it some courses may be served English, some Russian, and some combine the two. For example, the soup and dessert may be served on individual dishes, filled before reaching the table (Russian); the meat may be carved at the table by the host, and the vegetables passed by the waitress (combining the Russian and English), and the salad may be placed before the hostess and served by her (English).

A careful observance of each person's needs should be attended to by the waitress. The water glasses, bread and butter plates should be kept supplied without special attention being drawn to them. All serving dishes necessary to the meal should be placed on the serving table or in the pantry, and also an array of all of the silverware used, so that in case a piece should be accidentally dropped at the table it can be quickly replaced without attracting attention.

A clean soft napkin should be at hand, to be used by the waitress to absorb any upset liquid. The spot should then be covered with a clean doily or napkin.

All hot dishes should be *hot,* and cold dishes chilled before coming to the table. Salads, cold meats, and cold desserts should be kept in the ice box until just before serving them. Hot foods should be served on hot dishes, and kept in a warming oven or on the back of a warm stove until served.

It is the duty of the hostess to taste every food before it comes to the table, in order to know that it is seasoned properly, and is neither over nor under done.

Make every dish attractive in appearance. The garnishing should be simple and, whenever possible, something that may be eaten. For example, lettuce, parsley, sliced eggs on spinach or other greens, sliced lemon, radishes cut in rose shape, curled celery, watercress, red and green peppers, and any number of vegetables served uncooked, such as tomatoes.

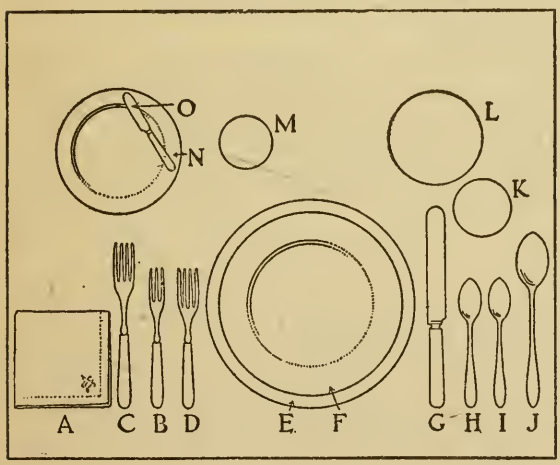
All plates should be placed before each person from the right, by the right hand of the maid, and removed from the left. When presenting a dish of food, the waitress should have a squarely folded napkin on the palm of the left hand under the dish. Serve it to the left of the person, low and close enough so that he can conveniently help himself with his right hand.

In clearing the table for the succeeding course, remove all dishes containing food; taking the platter or largest dish first, and the soiled plates and silver next, leaving the clean silver and china which were not used until last. Leave the bread and butter plates on the table until after the salad course. Salted nuts, water and wine glasses remain upon the table throughout the meal. In clearing for dessert, remove everything but table decorations from the table. It is not necessary to crumb the table except at clearing for dessert. Then the crumbs should be removed by using a small napkin and a pretty plate, upon which a flower is placed for decoration.

Women should be served first, starting with the guest of honor.

The amount of table space allotted each person is called a "cover." This cover should be twenty-two inches wide and eighteen inches deep. Within it is placed everything to be used by the person for the meal. The soup dish is set in the center of the cover one inch from the edge of the table. To the left of this are the forks, and to the left of them the napkin. At the right of the service plate are the knife and spoons, arranged in the order in which they are to be used, those to be needed first being placed farthest from the plate. All of these should be placed an inch away from the table edge. The sharp edge of the knife is turned toward the plate. Water and wine glasses are at the right of the plate, just at the end of the knife. Bread and butter plates at the end of the fork on the left side, and the nut cups at the top of the plate in the center. The bread and butter knife is laid across the bread and butter plate, sharp edge in.

Cheerful, interesting conversation at a dinner is expected from the guests as well as the host and hostess, to insure a successful dinner.



a—napkin
b—fish fork
c—meat fork
d—salad fork
e—service plate
f—dinner plate
g—knife
h—coffee spoon
i—vegetable spoon
j—soup spoon
l, k—water and wine glasses
m—nut cup
n—bread and butter plate
o—bread and butter knife

In the homes where they are no servants, the hostess should arrange every course for the meal so that it may be served in shortest possible time.

Never attempt to entertain more guests than you can conveniently care for, and do not attempt a too elaborate style of service.

The hostess should sit at the end of the table nearest the kitchen door. It is better to use the English style service. Place everything for

the first course on the table before the host, and let him serve. The food for the second course should be in readiness in the warming oven, to be brought in and placed before the host as soon as the dishes are cleared from the first course.

Be sure that the table is set completely before sitting down. Fill the water glasses, bread and butter plates between each two courses. Then it should not be necessary for the hostess to leave the table until the course is finished, except in case of accident.

LESSON III

SOME SIMPLE RULES IN ETIQUETTE

The first duty of the guest is to arrive at the hostess' door at the time mentioned in the invitation. Do not be more than ten minutes earlier or later than the hour named. If unavoidably detained, the guest should offer a brief, sincere apology to the hostess.

Upon reaching the dining room table, the gentlemen wait until the hostess is seated. Sit about eight inches from table, in an erect position. Do not lounge back in your chair nor rest your elbows upon the table. When not employed in carrying food to your mouth, or preparing it on your plate, the hands should be folded in the lap. Never handle the table furnishings. It is the mark of a well-bred person to be at ease in a reposeful attitude at the table.

The napkin should be unfolded until it lays across the lap doubled. Do not spread it out full, nor tuck it in the waistcoat. Use a corner of the napkin frequently to wipe the lips clean. Since you are only the guest of one meal, the napkin will not be used again, and therefore should not be folded. At the end of the meal place it on the table beside the plate, unfolded.

The knife is used in the right hand always, for the purpose of cutting alone. Never convey food to the mouth with a knife.

The fork is held in the right hand when the cutting is finished. Do not mash food on plate with fork. When passing the plate back for a second helping, leave the knife and fork lay across the side of the plate, with their handles resting on its edge.

Remove the spoon from the cup and leave it rest in saucer while drinking from cup.

When taking soup into a spoon, dip it away from you. Drink from the side of a spoon, never the end of it. Do not use a spoon for conveying food to the mouth when a fork may be substituted.

When fingerbowls are used they may be placed before each guest at the end of the meal only, or they may be used at the end of every two or three courses. Flat bowls, half filled with delicately scented tepid water, in which a flower or a few petals are placed, are set upon a plate, which have been covered with small white doilies.

Dip the fingers of one hand at a time into the water, and gently free them from stickiness by rubbing them together. Dry the fingers on the napkin in your lap.

To obtain the most benefit from your food, eat slowly, chewing each mouthful carefully. Keep the lips closed while masticating food. Take small enough bites of food that you will be able to talk if called upon. Do not talk with a mouthful of food, and never smack the lips together when chewing.

To let a piece of silverware clash with the glasses or chinaware is a mark of poor breeding. Handle all dishes noiselessly.

When eating bread, do not butter a whole slice and bite pieces out of it. Break it as needed, one mouthful at a time, and spread butter upon it, each piece separately.

Pickles, olives, cheese, celery, salted nuts, and bonbons, as well as many varieties of raw fruit, are eaten with the fingers. A whole olive should never be put into the mouth at once. Eat around the seed, holding it in the hand.

The host should never urge any article of food upon a guest when the guest does not care for it.

When asked to express a preference in regard to what pieces of fowl are desired, do so without hesitation. Never leave the decision with the carver.

Do not hesitate to take the last piece from a dish.

When drinking, look into the cup or glass from which you are drinking, and not over the edge of it.

Do not comment upon the food or the table decorations. After the meal, it is sufficient to remark to the hostess that everything was deliciously appetizing, or that her taste in table decorations is perfect.

Never fail to bid the hostess adieu, thanking her for the hospitality enjoyed. A few words such as: "I am indebted to you for a most enjoyable evening, Mrs. Smith; I am sorry it has ended so soon," is sufficient.

LESSON IV

EAT AND GROW THIN

From our study in the lesson on a well-balanced meal, we should be able to draw conclusions as to what foods to eat in order to build up flesh and what ones to leave alone in order to reduce.

Starchy foods and fats when eaten in proper proportions will make fat on the body. Therefore, if you are trying to reduce, leave these foods alone.

Never eat cheese, milk, cream, olive oil, ham, bacon, corn, rice, wheat, oats, white bread, macaroni, sugar, candy, potatoes, figs, bananas, grapes, nuts, or raisins. Leave alcoholic beverages alone, especially beer and ale. Do not drink water with your meals, but wait until an hour or so afterward. Then drink mineral water if possible.

These foods eliminate starch, sugar, and fat from your diet—nothing else. There is still a big variety of foods which may be eaten.

Fruit, except the two above mentioned, all meat, except pork, game, and sea food, will not add fat to the body. Green vegetables may be eaten in abundance. String beans, spinach, cauliflower, beets, squash, cabbage, artichokes, parsnips, onions, and asparagus will not hurt you. Salads minus oil dressings, made from meat jellies, tomatoes, cucumbers, peppers, olives, and celery, are good.

Three menus which are nourishing will serve as examples. More can easily be arranged without overstepping the boundary line.

Dinner
Raw Oysters
Roast Turkey—Cranberry Sauce
String Beans
Roumaine Salad
Fruit

Dinner
Clam Cocktails
Broiled Fish
Boiled Tongue—Tomato Sauce
Mashed Turnips
Gelatin

Dinner
Broiled Shad
Roast Lamb—Mint Sauce
French Beans
Tomato and Cucumber Salad
Strawberry Ice

There are a few rules to be observed outside of the diet. Do not over-eat; do not sleep more than necessary; be active, take a walk at least once a day.

LESSON V

EAT AND GROW FAT

The directions for putting on flesh are just the opposite those given to grow thin. Eat starchy and fat foods. Cereals are especially good because they contain so much carbohydrates in themselves; and when eaten with cream and sugar, more fat and carbohydrates are added.

Eat salads containing fat in the dressing, for fat in this form, as in gravies, is emulsified, and therefore very easily digested.

Drink much milk and cream; put olive oil on everything you can to be eaten.

Always be in a calm, pleasant state of mind before eating. Sleep a great deal, avoid worrying, and eat large quantities of food.

Avoid acid foods, such as pickles and tomatoes.

Three menus given as examples are given below.

Dinner

Noodle Soup
Roast Loin of Pork—Apple Sauce
Fried Sweet Potatoes
Date and Walnut Salad
Milk Sherbet
Coffee

Dinner

Cream of Pea Soup
Baked Ham
Turnips
Cucumbers—French Dressing
Chocolate Cream Pie
Coffee

Dinner

Cream of Tomato Soup
Roast Lamb—Mint Sauce
Peas in Timbale Cases
Banana and Nut Salad
Cottage Pudding—Foamy Sauce
Coffee

Economical Cooking

LESSON I

MEAT SUBSTITUTES

THERE are two important reasons why we should learn to make appetizing dishes to take the place of meat in our diet. The first one is the vegetarian reason, which you will find discussed on pages 408-409. The other is the economical reason. Meat is beyond the cost which many can afford. If, then, we can eat other foods which will supply us with the same amount of nourishment that meat does, and which we can obtain at a considerably lower cost, it is our duty to do so.

We eat meat to build flesh; therefore we must supply foods to take its place which will do the same.

Nuts, cereals, cheese, eggs, and dried beans are foods which contain practically every element present in meat, and, if prepared in proper proportions, form an appetizing diet at a low cost.

Macaroni and spaghetti may be brought to take an important place in the meatless cookery. Menus for some well-balanced meatless meals are given below:

Luncheon

Baked Sweet Potatoes
Celery au Gratin
Boiled Rice with Milk
Tea

Dinner

Cream of Turnip Soup
Bean Croquettes—Tomato Sauce
Orange Salad—Wafers
Walnut Pudding

Luncheon

Onions Stuffed with Nuts
Apple Salad
Steamed Whole Wheat Pudding
Cocoa

Dinner

Noodle Soup
Potato Croquettes—Butter Sauce
String Bean Salad
Cottage Pudding—Foamy Sauce
Coffee

Luncheon

Boston Baked Beans—Tomato Ketchup
Baking Powder Biscuits
Rice Pudding with Raisins
Tea

Dinner

Macaroni or Rice with Tomatoes and Cheese
Spinach
Beet Salad—French Dressing
Fruit Shortcake
Coffee

Luncheon

Rice Croquettes—Cream Sauce
Orange Marmalade—Nut Sandwiches
Coffee

Dinner

Tomato Souffle—Tomato Sauce
Succotash
Lettuce and Egg Salad
Tapioca Pudding
Coffee

Luncheon

Baked Apples
Stuffed Beet Salad
Graham Muffins—Sliced Oranges
Tea

Dinner

Cream of Pea Soup—Croûtons
Stuffed Eggs, Sauce Tartare—Potato Puff
Baked Bananas

Luncheon

Tomato Rarebit
Peanut Butter Sandwiches
Currant Loaf Cake
Cocoa

Dinner

Egg Timbales
French Fried Potatoes—Spinach
Prune Pie, Whipped Cream
Toasted Crackers—Cheese
Coffee

Some recipes which are rich in elements that are used to take the place of meat are given here.

Spaghetti au Gratin

Break up four ounces of spaghetti and boil until tender in water to which a teaspoon of salt has been added and a half tablespoon of butter. Drain. Melt two tablespoons of butter, add one tablespoon of flour, one cupful of milk, one teaspoonful of mustard, salt and pepper. Stir until it boils, simmer for a few minutes, add spaghetti and two tablespoonfuls of grated cheese. Turn into buttered dish, sprinkle cheese over top, and bake ten minutes. Garnish with parsley.

Macaroni with Oysters

Put half a pound of macaroni into plenty of boiling salted water, add one tablespoon of butter, and cook until tender. Drain it well. Put a layer in a buttered baking dish, and then a layer of oysters. Dot with small pieces of butter and season with salt, pepper, and paprika; alternate layers of macaroni and oysters, and finish with a layer of macaroni sprinkled thickly with grated cheese. Bake in a moderate oven for twenty minutes. Serve hot.

Refer to pages 423-433 for Soups without Meat; pages 477-486 for Meatless Salads.

LESSON II

PICNIC COOKING

No recreation is quite as popular these days, when the automobile brings the country so close to the town and city, as to prepare part of a lunch at home, pack some provisions to be cooked later, and take a trip out to the country for a few days' camping, or even for one supper.

There is a knack in getting an outfit ready, taking only necessary articles which have the least weight and bulk. Recipes given in ordinary cook books are of little value, for they are always calling for things you could not take.

Sandwiches may be prepared at home, and if wrapped in oiled paper, or covered well with a damp napkin, will keep for quite a while.

There are a few general rules to be observed in sandwich making. First, the condition of bread used is important. Bread made with milk will retain its moisture longer than water bread. It is best cut when one day old.

White, Graham, Boston Brown, Rye, Whole Wheat Breads and rolls and crackers are used for making sandwiches.

The butter should be in soft enough condition to spread easily, and each slice of bread should be buttered before being cut from loaf. For picnic sandwiches the bread should not be cut too thin.

There are four general classes of sandwiches: sweet ones, meat sandwiches, fish sandwiches, those filled with salad mixtures.

For sweet sandwiches the filling is made of jam, orange marmalade, fig paste, preserved ginger, chopped raisins, or raisins and nuts chopped together. Lettuce, watercress, and candied fruit are good garnishes for sweet sandwiches.

Meat sandwiches are best when the meat is ground and seasoned. It may be mixed with a meat or salad dressing. Pickles, olives, lettuce, watercress, parsley, and mint are the best garnishes for meat sandwiches.

For salad sandwiches and cheese sandwiches pickles and olives are served.

Fish sandwiches are garnished with pickles, olives, cress, parsley, slices of lemon, and hard boiled eggs.

A few good recipes for each kind of sandwich will be given here.

SWEET SANDWICHES

Fig Sandwiches

Chop one-fourth pound of figs very fine, add the same amount of water, and three tablespoons sugar and cook until a smooth paste. Add

a third of a cup of chopped walnuts and the juice of half a lemon. Stir well. When cold spread the mixture upon a piece of white bread, and cover with another piece.

Nut and Fruit Sandwiches

Mash a half pound of prunes from which seeds have been removed, add a half pound of seedless raisins, the same amount of stoned dates, and a half pound of washed figs. To this add quarter of a pound of blanched almonds, a quarter of a pound of walnuts, and a half pound of pecans. Put through a meat chopper, and add the juice of two oranges. Mix well, and pack in a loaf. Slice in thin slices and place between slices of white bread.

Cheese and Honey Sandwiches

Spread a piece of buttered bread with a layer of cream cheese; over this spread a layer of honey and cover with another slice of bread. Serve as soon as honey has been added. Maple syrup may be substituted for honey.

MEAT SANDWICHES

Ham and Tongue Sandwich

Chop a half pound of cold tongue and a fourth pound of boiled ham (cold) very fine; season with paprika and prepared mustard. Mix well, and press between two pieces of bread.

Ham and Egg Sandwich

Chop a pound of cold boiled ham very fine; add to it the yolks of four hard boiled eggs which have been run through a sieve. Chop two sweet pickles fine and add to the ham and eggs. Mix well after adding enough boiled dressing to make it spread well.

Ham Sandwich

Slice cold boiled ham thin; spread with prepared mustard and place between rye bread. Garnish with pickle.

Lamb Sandwich

Chop two cupfuls of cold cooked lamb fine, add two tablespoons of grated cheese, a teaspoonful of mustard, salt and pepper to taste, and enough mayonnaise dressing to make a smooth paste. Spread on a slice of bread and cover. Garnish with pickle.

THE SUBJECT OF CARVING

By A. CHABRISON, Chef Grand Pacific Hotel, Chicago.
Formerly Chef Union League Club.

The mere mention of the word "carving" sets the cook to prick his ears; in it he recognizes the *bete noire* of his existence, the destroyer of his peace of mind and the production of his skill. What beats the beauty and excellent arrangement of his dishes? To the eye they are beautiful and grand for the moment, but there comes the ruthless weapon of the amateur carver, and then woe to the works of the cook. He knows that good carvers are scarcer than good cooks, and yet upon the skill of him who serves the viands depends in a marked degree the success of the viand itself. Be the dish ever so tasty and ornamental, much of its artistic credit may be lost in the carving.

"Let's carve him as a dish fit for the gods,
Not hew him as a carcass fit for hounds."
—Shakespeare.

One compares a host who can not carve to an owner of a large and selected library who can not read. In fact one is as shameful as the other.

The art of carving was looked upon by our French ancestors as essentially a part of good training. The last instructor provided to young men was a master carver, whose duty was to teach the sons how to carve and make them carve every day, adding practice and example to the precept. It was never given up until a full and complete course of this difficult art and a familiarity with the animal anatomy was mastered. Being proficient with the skill, the strength and nimbleness peculiar to a good practice, our ancestors most always did credit to their masters. Even those who could not have explained a verse of Virgil or a line of Cicero with an open book was well versed in the sinuosities of a duck, a goose or a turkey.

It is particularly by the practice of such an art that one would recognize the owner of an hereditary fortune and the true born gentleman, who never was embarrassed to do the honors of his table, and even at the table of others, taking pride in carving and serving personally the largest and most difficult pieces, executing it with a dexterity proving that, born in the upper class, he was from his infancy used to select pieces.

The position of *Ecuyer tranchant* was in early times considered a very honorable one and filled by a man who held first rank amongst the servants, fulfilling his duty with the sword at his side. That function passed away with royalty. Now the host takes pride in personally carving the choicest piece served at his table.

Of late years the introduction of the service à la russe has ruined and almost destroyed that interesting part of our tables, and very few of our hosts can boast of his carving. Even very few stewards now-a-days are able to carve properly. The British only had the good common sense to retain their carver. In England the service à la russe has not prevailed over the magistral roast beef. Even in their inns and taverns hosts attend to that part of the duty of the chef. Now then, that the *Ecuyer tranchant* is a thing of the past, belonging to history, it becomes the duty of our present host to attend to the carving personally.

CARVING POULTRY AND GAME.

Few simple rules are to be observed in carving birds. The cuts may appear to be simple enough, but the difficulty is to carry them out successfully on the bird itself. From its shape alone some awkwardness arises, but it may be overcome by plunging the fork upright into the very center of the breast bone and keeping

REMOVING THE LEG OF A TURKEY

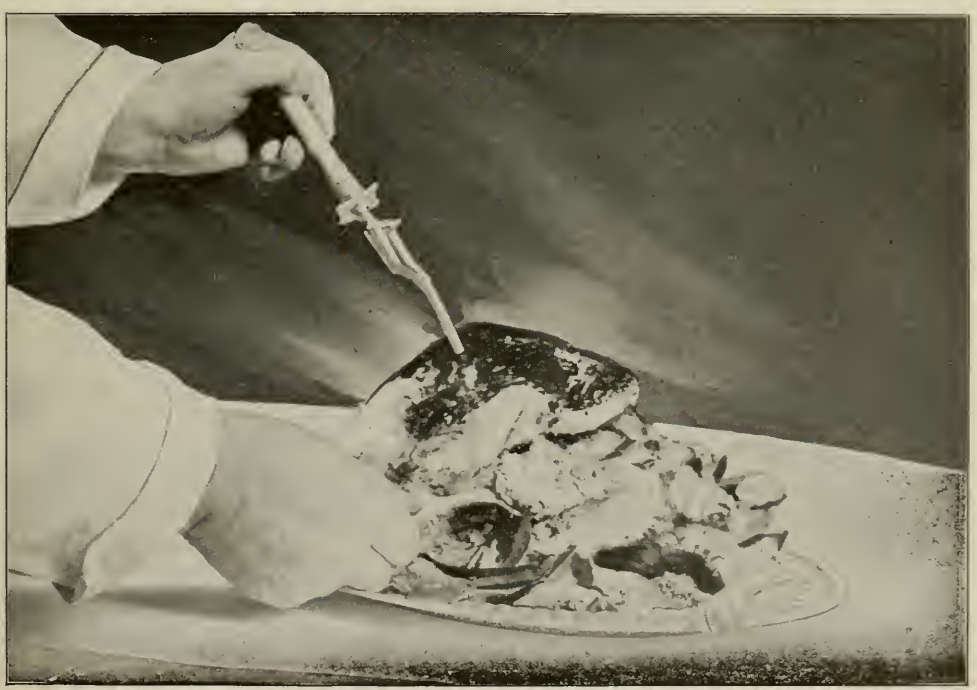
Second Process.—Now that the thigh is laid open, the leg can be removed with the point of the knife. In the above illustration, as well as in all others where the chef is seen, it will be noticed that he stands to the left and dissects the bird from that point. This is done for the purpose of permitting the photographer to get a good view of the operation. Ordinarily the carver sits in front of the bird and operates more from the right to the left rather than the angle shown in the picture.

REMOVING THE WING

The Process.—Now that the leg is removed, the next process is to remove the wing. This is accomplished by slicing a part of the breast, carving close to the ribs, and then when the joint is reached, bend out this limb also, to expose the joint, and then sever with a knife.

CARVING THE BREAST

Fourth Process.—Having removed the legs and wings of the bird, they should be cut into two pieces, by passing the knife through the joints. The breast can now be sliced in thin, even slices, and served with the dark meat.



SERVING THE DRESSING

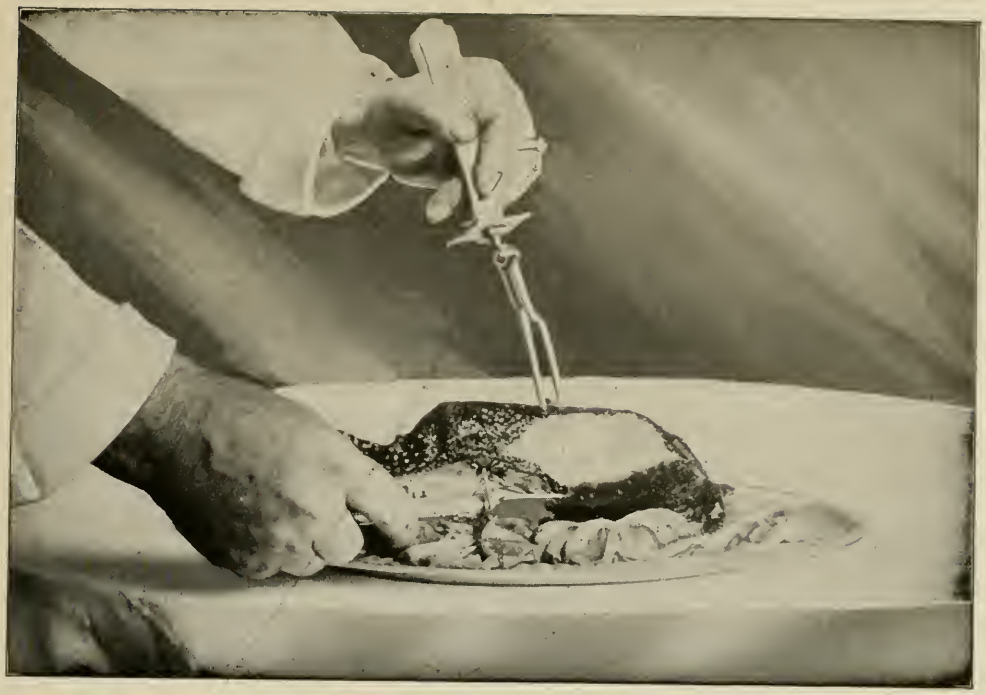
Fifth Process.—The dressing is reached by making an incision between the legs of the bird and lifting the apron just above the tail. It is served by means of a table spoon. Over the dressing, giblet sauce can be served at the option of the one being served.

ROASTED DUCK

Ducks are carved much the same way as other fowls, but as the legs are considered best, they are usually served first. Ducklings may be simply cut into four pieces, first by a lengthwise cut, and then crosswise.

FIRST PROCESS OF CARVING A DUCK

NOTE: The foregoing illustrations can be relied upon as accurate, having been photographed from life at the Grand Pacific Hotel, Chicago, at the recent reopening of that great hostelry.



CANVAS BACK DUCK

With a canvas back duck only the breast is served. The joints, however, are first removed in order that the breast and stuffing may be properly reached.

CARVING A CAPON

As will be seen, a capon is carved much the same way as a turkey. The blade of the knife should be held almost horizontally and pass right down to the bone of the leg. Then, by bending the back of the knife downwards, the joint is exposed. A dexterous movement of the point of the knife cuts off the leg

SPRING CHICKEN

Spring chickens are usually roasted or broiled, and when served are cut lengthwise in halves.

MODE OF CARVING COLD FOWL

For picnic use, for Sunday-night tea or for sandwiches the breast of cold fowl is unsurpassed. Stuff and roast same as when serving warm. Remove from oven, and when cool, but not until ready for immediate use, slice and serve.

Chicken Sandwich

Chop cold cooked chicken fine, season with salt and pepper. Add a little mayonnaise dressing and spread on white bread. Slice an olive over it before covering with the other piece of bread. This may be held over a hot fire long enough to toast outside of bread, just before eating.

Frankfurt Sandwich

Take several slices of plain buttered bread and a pound of uncooked frankfurt sausage. Roast the frankfurts over the fire, place between slices of bread, and eat with pickle while hot.

SALAD SANDWICHES

Cheese and Nut Salad Sandwich

Run a cupful of shelled walnuts and two cupfuls of American cheese through a food chopper. Season with paprika and mix well with boiled salad dressing until it will spread easily. Place between two slices of bread. Garnish with olive or pickle.

Green Pepper and Egg Sandwich

Between two slices of buttered bread, place seedless green peppers which have been chopped well and mixed with chopped hard boiled eggs and salad dressing. Garnish with pickle.

Beet and Cheese Sandwich

Chop a cupful of cold cooked beets very fine, season, mix well with mayonnaise and spread on a piece of bread. Cover the other slice of bread with highly seasoned cream cheese, and press the two pieces of bread together.

FISH SANDWICHES

Sardine Sandwich

Remove bones from two boxes of sardines. Put sardines in a bowl, add four hard boiled eggs chopped fine, the juice of one lemon, salt and pepper to taste, a tablespoonful of melted butter or olive oil, and chopped parsley. Mix to a paste and place between two slices of bread.

Sardine and Cheese Sandwich

Take equal parts of boned sardines and cream cheese. Mix well and season. Spread rye or white bread. Garnish with a pickle.

Salmon Sandwich

To one can of salmon, add two sticks of celery and two pickles chopped fine. Squeeze over this the juice from half a lemon. Season with salt and pepper, add a teaspoonful of melted butter. Add enough mayonnaise to make a paste and spread between two slices of bread.

THE BEVERAGE is of next importance. If the trip is to be for only one day, a thermos bottle may carry enough coffee or tea and keep it hot, but in case this will not hold enough, it is a good idea to take ground coffee, cocoa or tea with you. The coffee may be placed in a simple aluminum percolator and placed in a light-weight coffee pot. This saves carrying a strainer. A can of condensed milk and a box of sugar are then necessary. A good-sized water pail is essential. This may be used to pack provisions in while not in use. A frying pan with a detachable handle is useful. A stick may be inserted then for long distance frying.

BUILDING THE FIRE is the first job. Large fires are unnecessary. It is best to build a wigwam shaped place with kindling sticks. Leave plenty of air spaces between them, for fires require a great deal of air. Fire climbs, and if the sticks are arranged in conical form the fire will be better than if they were scattered carelessly. Start the fire by lighting some shaved pieces of wood first. It will not be long until there is a fire as hot as a blast furnace one.

Hardwood is good, slow-burning fuel. When leaving the place never leave a fire or spark behind you. Put it out.

Bacon, pork sausage, ham and eggs are easily and quickly cooked over a fire. They may be fried, or made into omelet. Eggs may be scrambled; bacon and ham are easily broiled or toasted.

Potatoes laid in the fire may be baked while the meat, eggs or other vegetables and beverage are cooking over the fire.

Salads or pudding desserts may be taken in glass jars with screw tops. The lettuce, if washed well and wrapped in a damp cloth and kept cool, will retain its freshness for days.

Fresh fruits will complete the campers' lunch.

Take only the necessary utensils for eating, old silverware or, if there is much danger of it being lost, tin knives, forks and spoons serve the purpose very well. Paper plates and napkins may be purchased at a very low cost. These save work as well as make the load lighter.

Boxes of marshmallows, where space is no object, are desirable. They may be put on the ends of pointed sticks, held over the fire and roasted. Corn, on the cob, in season, is delicious roasted in the same manner.

LESSON III

CHINESE DISHES

The increased popularity of Chinese dishes has rendered a course of Domestic Science lessons incomplete that does not include them.

The most popular one, chop suey, as an example of the others, may be varied in many ways. It may be made with an abundance of mushrooms and called "mushroom chop suey." Chicken may be used in place of all other meat and we have "chicken chop suey." The onions may be omitted, and numerous other changes may be made to suit the taste.

The recipe for plain chop suey is:

Meat from 8 pork chops.
2 c. mushrooms
2 large onions
1 stalk celery
1 c. wheat sprouts (may be omitted)
3 large slices bacon, cut fine and fried
1 tablespoonful Worcestershire sauce
2 tablespoonfuls cornstarch
3 tablespoonfuls bean sauce
1 c. water

Cut meat, mushrooms, celery and onions in small pieces. Chop onions if preferred. Blend cornstarch and sugar in warm water. Fry meat in bacon fat or olive oil until well browned, then add vegetables. Cook until they begin to brown. Last add water and cornstarch, bean sauce and Worcestershire sauce. Cook until thick and brown, stirring constantly.

Egg Foyoung

This is another very popular dish. It may be varied by adding different foods until it is

Lobster Egg Foyoung
Shrimp Egg Foyoung
Chicken Egg Foyoung
Asparagus Egg Foyoung
Pork Egg Foyoung and
Green Pepper Egg Foyoung

Plain egg foyoung is made as follows: Beat two eggs until light. Pour over one cup of chopped celery, one-half cup bamboo tips, one-half cup of chopped water chestnuts. Season with salt and pepper. Mix well, cook over a slow fire, dropping in frying pan one large spoonful at a time, forming individual cakes.

A gravy is always served over it. This is made by mixing one teaspoonful of cornstarch, one-half teaspoonful sugar and a little pepper with one-fourth cup of bean sauce and enough water to make a thin gravy. Stir constantly, cooking over a slow fire. Serve with rice.

Chow Meine

Chop and mix one cupful of chopped veal, one and a half cups of celery, one-half cup of water chestnuts, one-half cupful mushrooms, and one-half cupful of bamboo tips, chopped fine. Cook over slow fire, stirring constantly until meat is done, and vegetables are tender.

Then steam three cupfuls of noodles until they become soft, and fry in deep fat until light brown. Smother with first mixture and serve.

Fried Rice

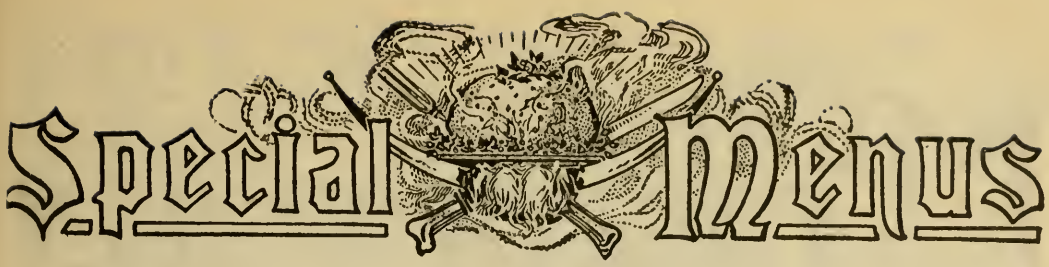
The Chinese serve rice with nearly all of their other dishes. It is boiled so that each grain remains separate from the rest, and is very dry. This is done by adding water enough to rice to come one inch over the top of it. Let it come to a boil, and stir once. Then cover very tightly, so that no steam escapes and let cook over a very slow fire until dry (about an hour. Do not stir while cooking or rice will become pasty.

Then for fried rice, chop the tops of two green onions fine. Add lobster, shrimp, chicken or mushrooms, chopped fine, to this. Then cut two or three large slices of bacon into fine pieces and fry in pan until it starts to brown; break an egg into grease and scramble it. Then add two cups of boiled rice, the chopped onion tops, and mushrooms or other ingredient, and warm all together, stirring well, so as to cut and mix egg and bacon with the rest. Season to taste.

Mushrooms, both black and white, are used freely in Chinese cookery. These may be bought dried, and freshened for use by soaking a few minutes before using.

Water chestnuts are also very common in these dishes, but not as easy to obtain.

Cumquats, or little oranges, ginger root and mixed preserves are imported from China, as well as canned fruits, such as lichee, pineapple and booloo.



ST. PATRICK'S DAY.

(*March 17*)

"There's a dear little Island far over the sea,
And no spot on the globe's half so precious to me;
And by lake or mountain where e'er I may roam,
I shall never forget thee, my own Ireland home.
Other skies may be bright, other lands may be fair,
But what of all that if the heart be not there?
Other music may charm me, but ah! there is none
Which can move me to sadness or mirth like thine own."

As green is the prevailing color on St. Patrick's Day, I have suggested a dinner menu where this color and white are used exclusively. Let a dish of ferns be made the centerpiece and scatter ferns about the table. Let Irish flags decorate the room. Have the china green and white, so far as possible.

Green silk embroidered over a small wire, to imitate the shamrock, placed at each plate, for a *boutonnière*, is quite appropriate and novel.

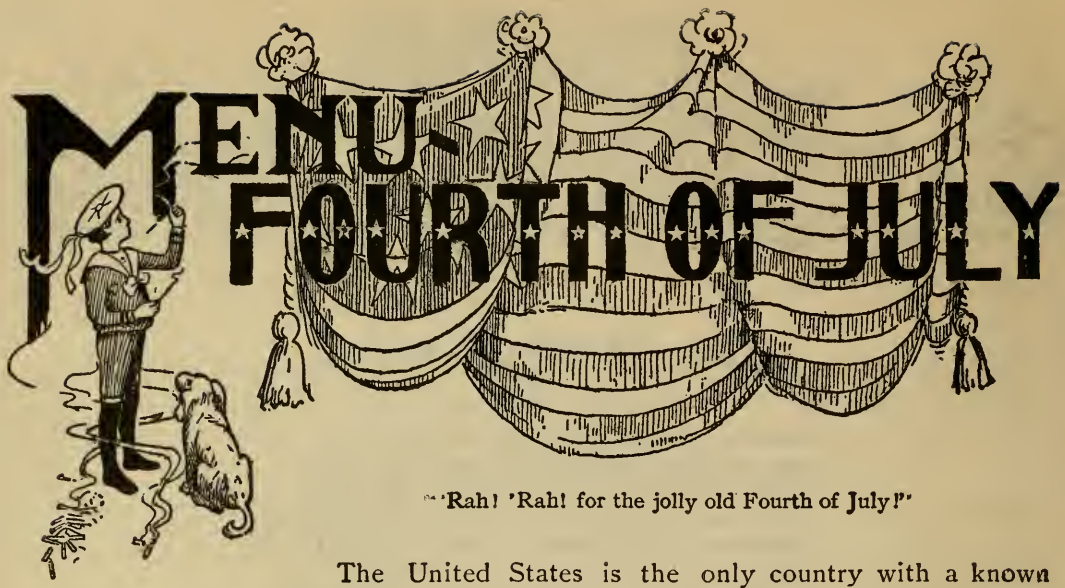
"Oh! the Shamrock, the green, immortal Shamrock;
Chosen Leaf
Of Bard and Chief,
Old Erin's native Shamrock!"

MENU.

BREAKFAST	DINNER	LUNCHEON
Grape Fruit	Cream of Spinach	Escalloped Potatoes
Rice, with cream	Creamed Fricassee of Chicken Irish Potatoes, mashed	Whitefish Turbot Cold Slaw
Popovers	Peas	
White Omelette, garnished with parsley Irish Potatoes, in cream	Lettuce and Celery Salad	Fruit Glacé a là St. Patrick whipped cream
	Pistachio Ice Cream Angel Cake	
Coffee	Coffee	Cocoa

(The above recipes and many similar ones are found within the pages of this book.)

MENU—FOURTH OF JULY



"'Rah! 'Rah! for the jolly old Fourth of July!"

The United States is the only country with a known birthday. All the rest began, they know not when, and grew into power, they know not how. If there had been no Independence Day, England and America combined would not be so great as each actually is. There is no "Republican," no "Democrat," on the Fourth of July—all are Americans. All feel that their country is greater than party.—James G. Blaine.

Let it not be forgotten that patriotism is one of the positive lessons to be taught in every home. Everything learned should be flavored with a genuine love of country. Every glorious fact in the nation's history should be emphasized. Every person should feel that he is entitled to a share, not only in the blessings conferred by his government, but also in the rich memories and glorious achievements of his country.—Richard Edwards.

[Directions for the decoration of a dining-room on the Fourth of July are almost superfluous. Only flags, banners, bunting and flowers, representing the colors of the country are required to make it delightfully attractive.]

BREAKFAST

Red Raspberries and cream

Fried Chicken

Sliced Tomatoes

Creamed New Potatoes

Wheat Muffins

Coffee

DINNER

Bouillon

Roast Lamb, mint sauce
New Potatoes, boiled

Green Peas
Spinach, with eggs

Cucumber Salad

Red, White and Blue Ice Cream
Chocolate Macaroons
Strawberries

Coffee

SUPPER

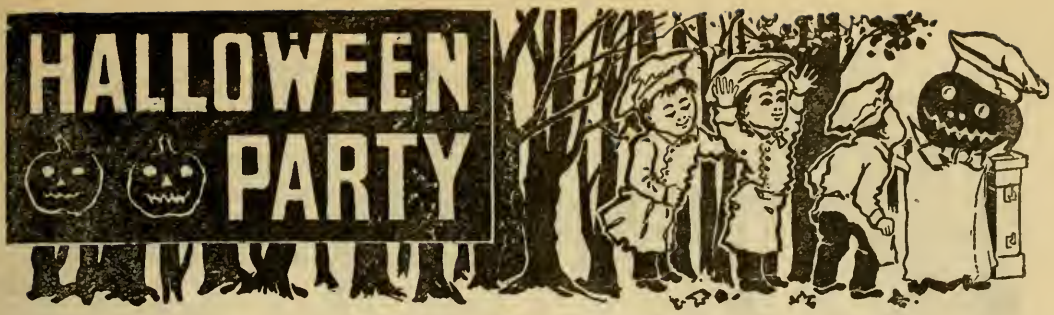
Chicken Mold

Radishes Water-cress Salad

Sally Lum

White Sponge Cake

Blackberries Tea



While the dictionary definition of Halloween is rather different than the modern small boy's interpretation of it would indicate, yet we say with all earnestness, give the boys a good time occasionally, and why not on Halloween?

"Wi' merry songs, and friendly crack
I wat they did na weary;
And unco tales, an' funnie jokes,
Their sports were cheap and cheary."
—"*Bobbie*" *Burns.*

Boys will be far less apt to carry off the clothes-posts, unhinge the gates, and make night hideous, if you give them a party in keeping with the occasion—a party wnere tin horns form the first course at the dinner-table—where colored paper napkins, folded to represent the "jack-be-nimble" and "jack-be-quicks," "toads," "monkeys," and "parrots"; where paper caps adorn the head and where jack-lanterns adorn the room. Such an evening makes glad even the heart of Aunt Jemima and Uncle Ben. And so, why not the boys?

TURTLE SANDWICHES.

REFRESHMENTS

Bouillon, de Jolly Boys
Celery
Kindergarten Crackers

Turtle Sandwiches
Little Pigs in Blankets
Orange Jelly
Olives à la Natural History

Sugar Off, with maple syrup
Nut Cartoons

Lemonade

TURTLE SANDWICHES.

(The above recipes and many similar ones are found within the pages of this book.)

MENU-
THANKSGIVING DAY
"So gladly we welcome the happy day,
That comes when the summer is o'er,
When the scattered friends we love so well,
Round the home hearth meet once more!'

A peanut doll dressed in blue and white crepe paper in Puritan costume, holding a few heads of wheat, makes an appropriate and dainty Thanksgiving favor.

Decorate the table with autumn leaves. Corn, husked and tied together, is most effective, suspended here and there from the walls and between the doors. As Thanksgiving is the one day of the year when all America gives praise for prosperity and freedom, an unusually well-filled board is not only in good taste, but is expected.

To make a unique Thanksgiving dessert, cut a small pumpkin across the top. Carefully scoop out the inside. Place on a dish and fill with Floating Island; replace the pumpkin top. Garnish the platter with generous sprigs of autumn leaves, and on these lay a variety of sliced cakes.

MENU

"Let us eat and be merry."—*Luke 15:23*

BREAKFAST	DINNER	SUPPER
Grapes	Oysters on Half Shell	Cold Roast Turkey
Oatmeal	Mutton Broth Celery	Tea Biscuits
Country Sausages	Turkey, stuffed with oysters Cranberry Sauce	Cottage Cheese Sweet Tomato Pickles
Scrambled Eggs	Mashed Potatoes Baked Squash	Thanksgiving Cake
Browned Potatoes	Boiled Onions, with cream sauce Peach Pickles	Fruit Glacé Tea
Entire Wheat Griddle Cakes	Waldorf Salad Cheese Wafers	
Maple Syrup	Mince Pie Pudding, Puritan style	
Coffee	Nuts Fruit Coffee	

As this is a day of general rejoicing, see that the poor are not forgotten. Don't forget the adage, "Love thy neighbor as thyself."

MENU—CHRISTMAS

His name shall be called Wonderful, Counsellor, the Mighty God, the Everlasting Father, the Prince of Peace.—*Isaiah ix, 6.*

Decorate the table with holly and mistletoe.

Yes, Christmas day has come at last
And I am glad 'tis here,
For, don't you think, for this one day,
I've waited just a year.
I'm sure it should have come before,
As sure as I'm alive;
Fifty-two Sundays make a year,
And I've counted seventy-five.
There's one thing makes me very glad,
As glad as I can be;
The years grow short as we grow old,
And that will just suit me.
I wish 'twas Christmas every month—
That's long enough to wait—

BREAKFAST

Oranges
Germia
Broiled Salt Mackerel
Chipped Beef on Toast
Baked Potatoes
Griddle Cakes Muffins
Coffee

DINNER

Oysters on Half Shell
Cream Chicken Soup
Boiled Whitefish, sauce Maître d'Hôtel
Roast Goose, apple sauce
Boiled Potatoes Mashed Turnips
Sweet Potatoes
Christmas Plum Pudding
Lemon Ice Squash Pie
Quince Jelly Delicate Cake
Salted Almonds Fruit
Coffee

SUPPER

Cold Roast Goose
Oyster Patties
Cold Slaw
Charlotte Russe
Popovers
Currant Jelly

St Valentine's Day

Red heart-shaped place cards with a lovers knot of true blue at the top are suggestive and gay.

MENU

Orangeade

"A cooling drink for lovers young and old."

Consommé St. Valentine
Celery

Roast Goose, apple sauce
Escalloped Tomatoes
Onions in cream
Orange Fritters

Blanc Mange, with Cupid sauce

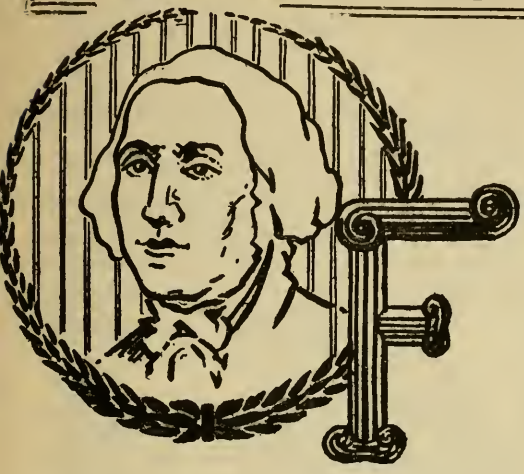
Valentine Cakes.

Nuts—Raisins Heart-Shaped Confectionery

Coffee

(All these recipes and many more suitable for similar occasions are to be found in this book.)

MENU
Washington's Birthday



"Statesmen, yet friend to truth! of soul sincere,
In action faithful, and in honor clear!
Who broke no promise, serv'd no private end,
Who gained no title and who lost no friend.
Ennobled by himself, by all approved."

FORTUNATE is the housekeeper who has old-fashioned blue and white china and twice fortunate is she who has heirlooms of silver, pewter and glass. Make the decorations festive and holiday-like. Red and white carnations in a blue bowl, make a pretty centerpiece to the table, or, prettier still, is red, white and blue crinkled paper, neatly wound around a jar of green with an artistic bow at the side. If one has a Jerusalem cherry tree so much the better.

Narrow red, white and blue ribbons can be tied in the corners of the place cards. She that is artistically inclined can trace thereon a little hatchet and underneath the words: "I cannot tell a lie," or, "First in war, first in peace, and first in the hearts of his countrymen," or if one is quite clever, indeed, she can trace tiny medallions of Washington on each one.

BREAKFAST

Apples

Corn Mush and Cream

Maryland Fried Chicken

Graham Gems

Coffee

DINNER

Creamed Corn Soup

Maryland Baked Ham

Scalloped Potatoes Beets

Currant Jelly

Red Cabbage Salad

Red, White and Blue Ice Cream

Washington Cake

Candied Cherries Coffee

LUNCHEON

Fried Oysters

Baked Potatoes

Tomato Catsup

Brown Bread and Butter

Mince Pie

Tea

Historians tell us that baked ham was the favorite dish of General Washington, and that whenever possible it was prepared for him in camp. These recipes and many more suitable for Washington's birthday are found in this book.

MEANING OF FOREIGN WORDS USED ON MENU CARDS.

f., FRENCH; *g.*, GERMAN; *it.*, ITALIAN.

Abatis, *f.* Giblets.
Africaine (à l'), *f.* African style.
Américaine (à l'), *f.* American style.
Anglaise (à l'), *f.* English style.
Au (singular), aux (plural), *f.* To or with.
Au gratin, *f.* Dishes prepared with cheese and baked.
Au jus, *f.* Meat baked with natural juice.
Au naturel, *f.* Food cooked plainly.
Bifteck, *f.* Beefsteak.
Bisque, *f.* A name given to certain soups usually made from shellfish.
Bouillon, *f.* Beef broth.
Braisé, *f.* Braised. Meat cooked in the oven in a covered stewpan, with gravy, vegetables and herbs.
Bruxelloise, *f.* Brussels style.
Cacao, *f.* Cocoa.
Café, *f.* Coffee.
Caille, *f.* Quail.
Camembert. A sort of cheese.
Caramel. Burnt sugar.
Caviar, *f.* Caviare. Salted roe of sturgeon (fish eggs).
Céleri, *f.* Celery.
Chaud-froid, *f.* Dishes prepared hot and eaten when cold.
Chocolat, *f.* Chocolate.
Choux de Bruxelles, *f.* Brussels sprouts.
Compote, *f.* Fruits stewed in syrup.
Confiture, *f.* Fruit jams.
Consommé, *f.* Clear soup.
Crème, *f.* Cream.
Croûtons, *f.* Bread fried, used for garnishing dishes.
Curry. An East Indian condiment.
Déjeuner, *f.* Breakfast.
Demi glacé, *f.* Cream ice much served in Paris.
Demi tasse, *f.* Half cup.
Desserte, *f.* Remains of a meal.
Eau, *f.* Water.
Entrée, *f.* A course of dishes.
Espagnole, *f.* Spanish style.
Flamande (à la), *f.* Flemish or Holland style.
Foie, *f.* Liver.
Française (à la), *f.* French style.
Frappé, *f.* Semi-frozen.
Fricassée, *f.* Stew.
Fromage, *f.* Cheese.
Fromage glacé, *f.* Ice cream in a cheese-like shape.
Gigot, *f.* Leg of mutton.
Glacé, *f.* Frozen.
Goulasch. A Hungarian dish; finely sliced beef or veal stew, highly seasoned.
Gras (au), *f.* Dressed with rich meat gravy.
Hollandaise, *f.* Dutch style; also name of a white fish sauce.
Julienne, *f.* Name of a vegetable clear soup, first made in 1875 by a cook named Jean Julien.
Jus, *f.* Juice; gravy.
Lait, *f.* Milk.
Laitue, *f.* Lettuce.
Macaroni, *it.* Paste made from flour.
Maître d'hôtel, *f.* Hotel steward's style.
Mayonnaise, *f.* A salad dressing.
Menu, *f.* Bill of fare.
Moderne, *f.* The modern style.
Mulligatawny. An East Indian curry soup.
Muscovites, *f.* Russian jelly.
Napolitaine (à la), *f.* Naples style.
Naturel, *f.* Plain.
Neufchâtel, *f.* A soft kind of Swiss cheese.
Parisienne (à la), *f.* Parisian style.
Parmesan. A kind of Italian cheese.
Perche, *f.* Perch.
Persillade, *f.* Parsley sauce.
Picalilli. Mixed pickles chopped fine.
Piqué, *f.* Larded with strips of bacon.
Poché, *f.* Poached.
Polonaise (à la), *f.* Polish style.
Poulet, *f.* Young chicken.
Purée, *f.* Ingredients rubbed through a sieve.
Ragoût, *f.* A stew of meat, highly spiced.
Rissoles, *f.* Minced fish or meat rolled in thin pastry and fried.
Roquefort. Imported cheese.
Royale, *f.* Royal.
Salade, *f.* Salad.
Sauer kraut, *g.* Cabbage pickled.
Sauté, *f.* Thickened gravy.
Souffle, *f.* Light baked pudding or omelet.
Spaghetti, *it.* Similar to macaroni.
Suprême, *f.* White cream sauce made from chicken broth.
Tartare, *f.* Tartar.
Tasse, *f.* Cup.
Terrapène, *f.* Terrapin.
Timbale, *f.* Pie crust baked in a mold.
Tutti frutti, *it.* Various kinds of fruits.

TABLE SET FOR A FORMAL LUNCHEON

Reproduction from original photograph.

TABLE SET FOR WEDDING

The guests to be seated around the room and refreshments passed. In this way half a hundred can be accommodated with no great inconvenience

Wastefulness

A WRITER on the art of cooking has made the assertion that there is more waste among the poor than among the rich, and explains it by saying that the former have not learned how to use the odds and ends that come in their way, while the latter have brought it to perfection. Wastefulness is no indication of a generous nature, and yet we have met those who imagined that if they did not show a careless, improvident, spirit that they would be considered close. No greater mistake can be made than this. Does not the Bible speak of the careful wife thus: "She looketh well to the ways of her household, and eateth not the bread of idleness."

ECONOMICAL LIVING.

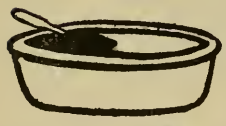
To the young housekeeper whose first steps in the care of a home are but a series of experiments, the words economy, comfort, and thrift may have but little meaning, but, ere long, the wish to make the most of every new relation will cause her to ask imperatively for advice in this direction.

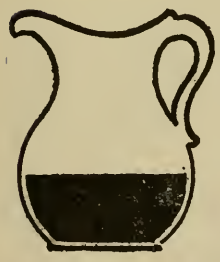
First, in the scale of economics, comes the knowledge of "how to choose" that which is nearest the ideal in nourishment, and "how to cook it" so as to get the greatest benefit out of it.

In our favored land, meat is one of the principal articles of diet, but in the older countries, the laboring man is only able to obtain it once or twice a week. Perhaps the all-wise Father so ordained it, if it be true, as modern physicians tell us, that meat makes muscle not strength. A small family in America will often waste what in a French home would be enough to keep a household, for all the details of a French woman's kitchen, no matter whether she be rich or poor, are managed with the utmost economy. The food, although inexpensive, is cooked with such relish, and in such disguises, as to induce a belief that an entirely new dish is presented.

WHEN AND HOW TO BUY.

No more of any article for consumption should be purchased than necessary for the number constituting the family. Many things for the





ODDS AND ENDS

table are excessively dear in certain seasons. It is very improvident to buy such articles out of season. Rather bring into use what is more readily procurable, by varying the manner of cooking it, serving it up in different styles. That is the variety that will give the most satisfaction, and even if there is not so lavish an outlay, health and contentment will be certain to reward the effort. The art of cookery is a high-sounding phrase to some, and yet it means merely the exercise of a little taste and judgment, the putting together of what materials one has with good results.

Economy may at first be hard to learn, but it is valuable. When the housewife acquires the habit of making the best use of all she possesses, she will then be economical without being stingy, liberal without wasting, and will learn how to provide a frugal table with frequent changes far more agreeable to the taste than expensive ones, and a sameness in the articles served.

HOW TO UTILIZE EVERYTHING.

The tendency to waste is more likely to occur in small families where the mistress of the home is at a loss to know what to do with the small portions left over from various meals, than in large families where the odds and ends can be used for next day's meals. In large cities, the utilizing of such fragments is not so grave a matter, for there are plenty of wandering travelers who will accept them gladly; in smaller towns, where the poor are fewer, the question is more serious.

The article most frequently wasted is bread, every crumb of which should be saved. It can be converted into toast or placed in the oven to dry. When dry it can be grated coarsely and put into wide-mouthed covered jars for puddings, stuffings, or thickening for meat gravies. Other pieces not large enough for toast, can be converted into griddle cakes. Then there is the bread pudding, and if the children, or the older members of the family, grow tired of the economical bread pudding with lemon sauce, try the same in custard cups with raisins for fruit. Butter the cups, fill, and then bake them, standing in a pan of hot water. Cover

each one with a teaspoon of bright-colored jelly and to the family it will no longer be a simple bread pudding, but a rich new dish, to be eaten with cream.

The bones of a roast can be cracked and put into the bean soup, giving it a nice flavor. Cold roast beef can be sliced thin and warmed over in its own gravy for a breakfast or luncheon dish. Some turn it into hash, but cold corned beef, after it has been sliced one or twice for tea, makes the best hash. If you like, you can chop cold cabbage and cold beets that have not been in vinegar, with the potatoes and meat, and a dish that any one should enjoy will be the result. If you chance to have no cold vegetables, chop the corned beef very fine, fry and lay it over dry toast in a platter, after first pouring a spoonful of boiling water upon the toast, to moisten it.

Scraps of ham can be chopped, bread-crumbs added, a little butter and some of the fat; then make layers of ham and bread, set it in the oven, and you have escalloped ham.

The proper care and use of drippings, as well as of the fat cut from the edge of steaks, should be known and practiced by all housekeepers. For frying purposes they are more wholesome than lard, many persons who are unable to partake of food fried in the latter find no trouble with the use of the former; besides, the drippings do not spatter from the pan as does lard, and are, therefore, more desirable on the score of cleanliness. For frying fish, potatoes, and such food as does not require butter, they will be found very satisfactory. To clarify drippings pour on boiling water, stir thoroughly and set aside until the following day, then put into a saucepan with boiling water and a little salt and allow to simmer slowly, skimming well until the water has evaporated; strain into an earthen vessel and keep covered. If the work has been well done so as to remove the water and all impurities, it will keep for weeks. Turkey and chicken fat can be saved for making soup.

Sour milk makes cottage cheese, a recipe for which will be found under its proper heading; it also makes good biscuits and griddle cakes.

Potted meats can be made of fragments cut from the bone, pounded in a mortar and seasoned; they make fine *canapes* for luncheon. The tough ends of steaks can be chopped and made into Hamburg steak or cornish pastry; the recipe is in this book.

Potatoes left over are capable of so many ways of re-serving that it is almost unnecessary to mention them. They reappear in potato cakes, in hash, in soups, and in many other forms.

Egg-shells are useful for clearing soups, jellies and coffee. Soft-boiled eggs left over can be reboiled, and when hard, take their place in garnishing, in salads, in pressed meats, and on toast. The canary never objects to a tiny taste. Cold fried or scrambled eggs need not be wasted but chopped and mixed with mince meat to make excellent stuffed rolls. If eggs are required for the white alone, save the yolks in a cup, wet a cloth, place it over them, and keep in a cold place till wanted.

Oatmeal and other cereals, left over, answer well to be added to that made fresh the next day, or they can be fried for breakfast and eaten with maple syrup.

Vegetables left over may go into the soup designed for next day's dinner. Canned fruits should be watched; if they show signs of working they should be stewed at once. Apple parings and pulps that are sound need not be thrown away. Stew to a pulp, strain and sweeten and you have apple butter, peach butter and excellent filling for tarts.

Cold rice is easily made into a pudding, into croquettes, or better still, is fine as a thickening for broth.

If ice is not obtainable set milk in a cold place or boil to keep it sweet. Flour and meal must be kept covered, and tea and coffee are best preserved in closed canisters. Add a tablespoon of cornstarch to each pint of salt, mix well and you will not be troubled by salt clogging or becoming damp. Butter keeps best in stone jars, bread and cake retain their freshness in tin.

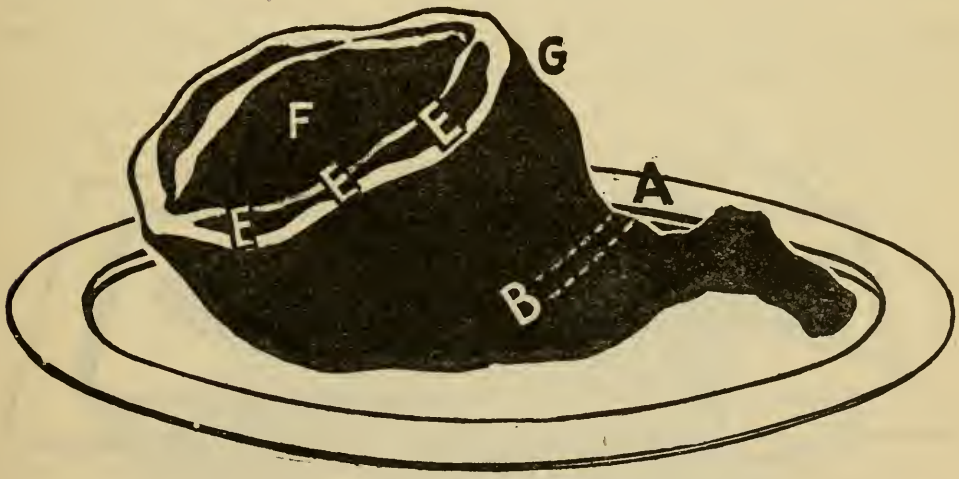
Apples should remain out of doors in barrels until too cool for them. When brought in, set in a dry room, until the weather requires their being put into the cellar. A linen cloth laid over the barrel will keep them from frost till very cold weather. Many prefer not to head up the barrels of apples. There is an advantage in being able to pick them over several times in the course of winter, as one defective apple injures all its neighbors. If moist, wipe them.

Herbs should be gathered when just beginning to blossom; they are then in their perfection. Medicinal herbs should be dried, put up into paper bags and labeled. Those used in cooking should be pounded, sifted and put into labeled boxes or bottles. They retain their virtues best dried by artificial heat. The warmth of an oven a few hours after the bread is drawn is sufficient.

If in making pies a few scraps of dough are left, gather them in a mass, roll them out thin, cut them into fancy shapes, prick them with a fork, and bake in a quick oven. Make into tarts or sift fine sugar upon them and arrange round a dish of stewed fruit.

CARVING

TO CARVE gracefully is an accomplishment that depends wholly upon skill and not upon strength. The present fashion of dinners (see page 23) is perhaps removing the necessity, from some circles, for knowing how to carve, but still, not so generally as to do away with it altogether. We believe that ladies, as well as gentlemen, should make



LEG OF MUTTON.

carving a study so that at the family dinner if the host be absent the hostess can perform the task without assistance from a guest, whose skill is perhaps not perfect, but whose good nature would not allow him to refuse.

HOW TO CARVE.

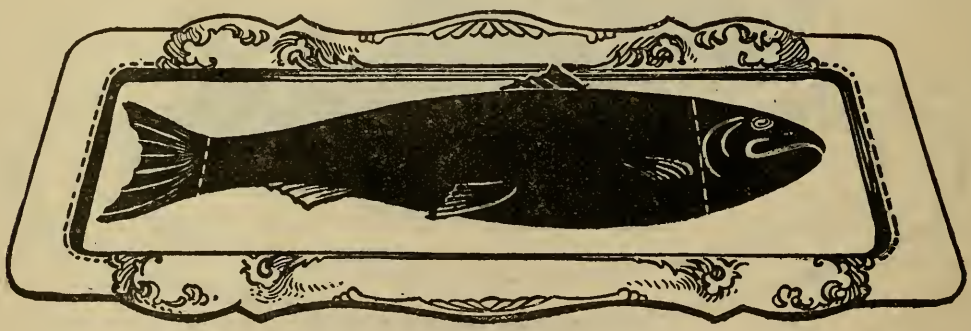
To carve with ease, one of the first requisites is a good knife well sharpened before coming to the table. It is a most uncomfortable and

disagreeable sound to hear the carver whetting the knife while the guests are waiting to be served. The knife should be used for no other purpose than carving. It should never be found in the kitchen, cutting vegetables, meat and breads, its sole office being to carve the meats brought to table. Heat destroys its temper. A sharp, strong, blade, a good handle, and a keen edge are qualities belonging to a good carving knife.

Another point to be observed in carving, is to always cut at right angles with the fibers of the joint. When a joint is properly carved, it is more agreeable to the eye, pleasanter to the taste and much more easily masticated.

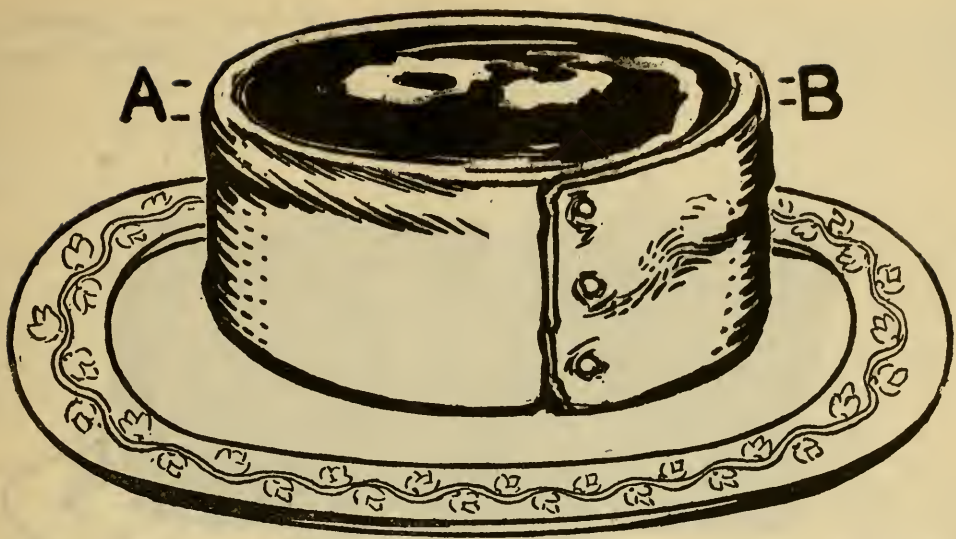
HOW TO SIT WHEN CARVING.

The person who is carving should be provided with a chair a little higher than the ordinary pattern, and should always sit, not stand, if a creditable appearance is desired. The platter which holds the meat should be large enough to admit of placing the slices as they are cut, on one side of the dish, from whence they can be distributed. A linen doily placed underneath the platter containing the meat, will catch any crumbs that would otherwise fall upon and soil the table-cloth.



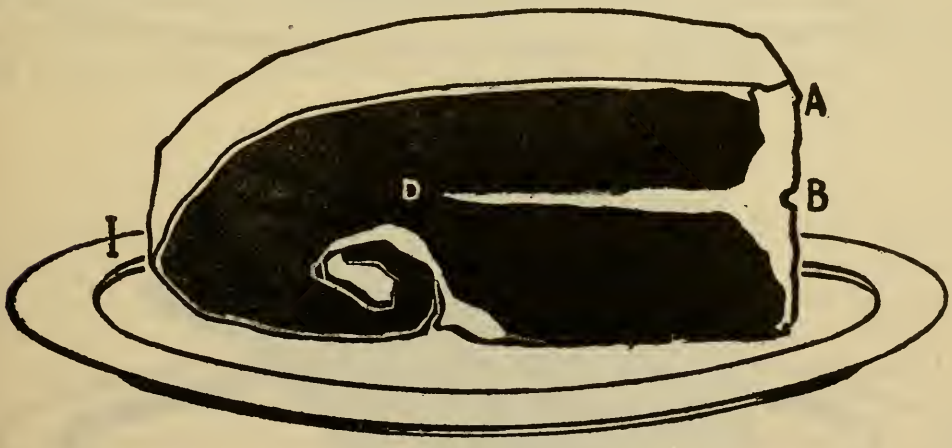
In serving fish, avoid breaking the flakes. This can be done by the use of a fish trowel. The middle portion of the fish is considered the choicest, but the tail end is the sweetest.

When carving rib or sirloin of beef, cut the slices thin, and from the side next to you. Never offer any one the outside piece, unless they ask for it, but inquire how each guest prefers his—whether rare or well done. In cutting corned beef, begin at the top, but avoid giving out the outside slice, as it is generally hard.



TENDERLOIN ROAST.

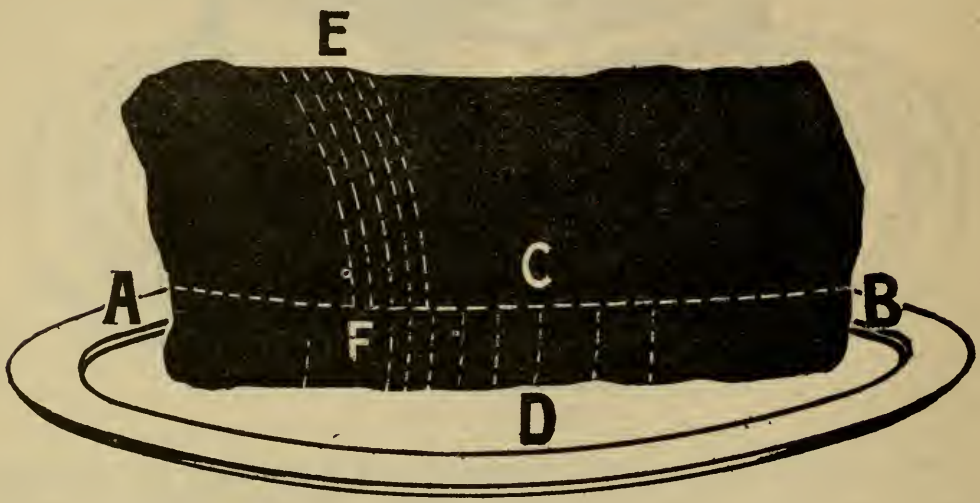
The tenderloin roast is the choicest part of the beef. It is usually rolled up and held in place by skewers. The butcher generally puts it up for his customers in this fashion. Whatever scraps are taken off should be saved for the soup pot. To carve a tenderloin roast cut thin slices clear across the top, as indicated in the figure from A to B.



SIRLOIN BEEF.

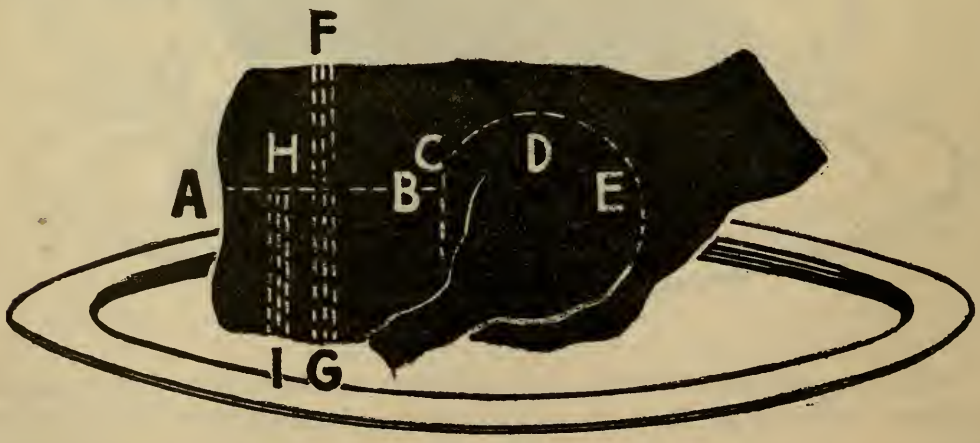
Next to the tenderloin roast the sirloin is considered the finest part of the beef. The bone, B to D in the figure, should be removed before roasting. The part below is the tenderloin part, while t' at portion above

the bone is the sirloin part. Carve by passing the knife with a good firm hand clear down the length of the side beginning at A, cutting through to I. The slices should be thin, long and even.



BREAST OF VEAL.

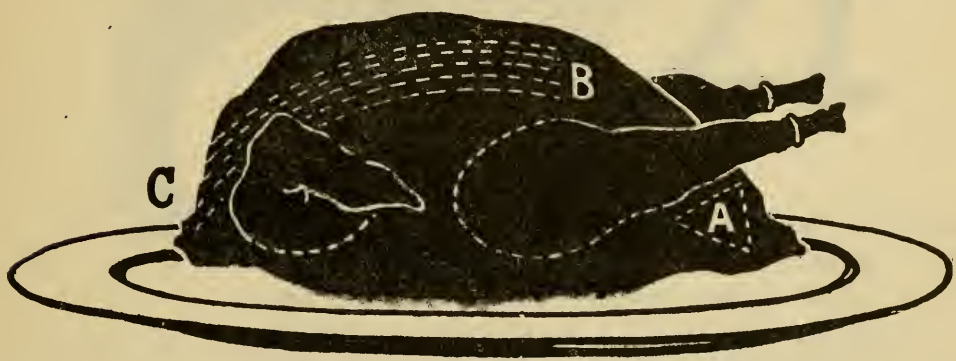
The breast of veal consists of two parts, the gristly brisket proper and the rib bones. Separate the two parts by passing the knife through the veal from B to A. Now begin carving the ribs by passing the knife from E to F. Some people are fond of the brisket, so it is well to cut a few pieces, C to D.



FORE-QUARTER LAMB.

In cutting a leg of mutton begin across the middle, cutting the slices way down to the bone, as shown by the letters A, B (see page 45). Some prefer to cut it at the end, from G to F, in form of a semi-circle, E E E. This part contains more fat. Ham should be divided in the same manner, remembering always that the slices should be thin, but well across. Boiled tongue should be cut crosswise, leaving the root in the dish.

A forequarter of lamb can be served by separating the shoulder part from the breast and ribs. This can be done by passing the knife under and dividing the ribs—see dotted lines C D E. Cut through the skin, then raise with a little force the shoulder into which the fork should be firmly set. Next divide the ribs from the brisket by cutting from A to B· then it will be easy to carve the ribs, F to G, and the brisket, from H to I

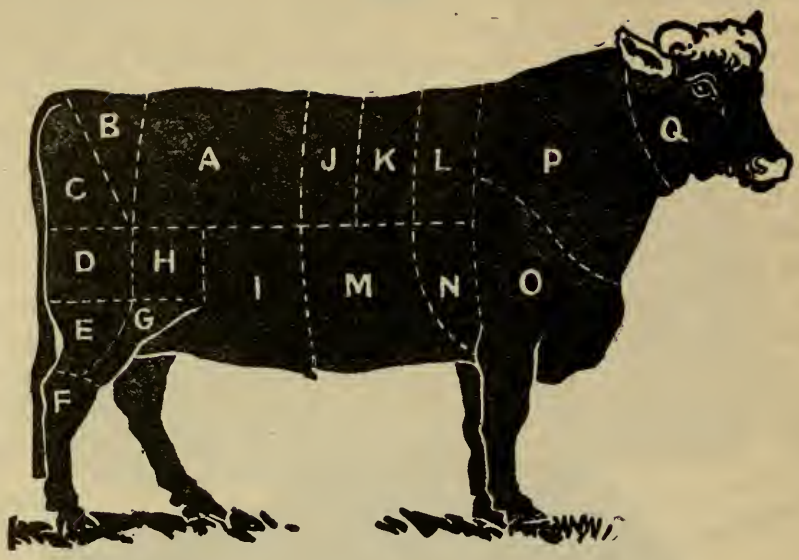


TURKEY.

To carve a fowl, separate first the wings and legs and thighs. Then cut slices from both sides of the breast, as in the figure C to B. Make an opening in the turkey for the purpose of serving the dressing. (See A.) Serve the breast, thighs and wings first, with dressing added, leaving the back till the last. All fowls, partridges, and grouse, are served in the same way. When helping to gravy, do not pour it over the meat, but put it on one side of the plate, to be used by the guest as best preferred. Small birds, as quails, woodcock and pigeons, are split down the back and a half given to each person.

It soon becomes easy to acquire a knowledge of joints, and any one can become an expert who tries to learn the relative position of the bones and joints. A quiet demeanor and a cool head are essential to success.

BEEF.



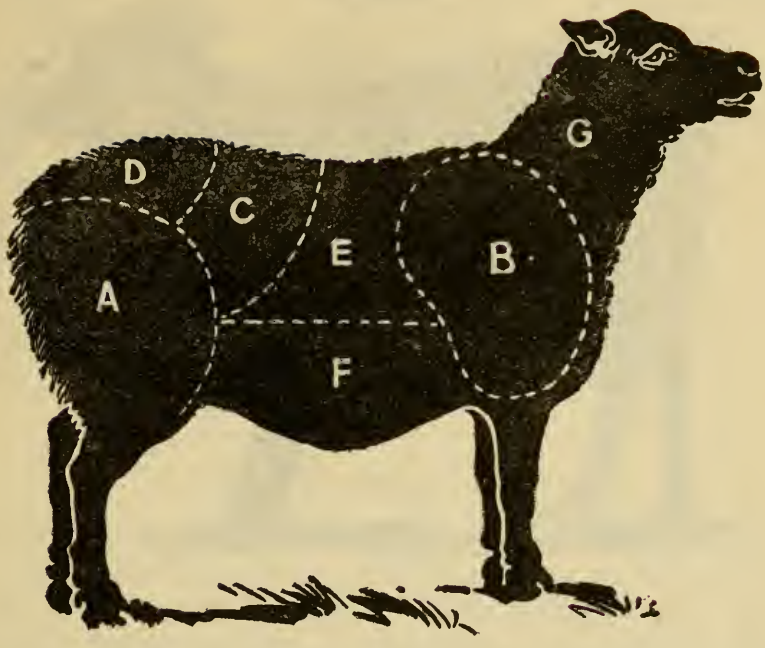
HIND-QUARTER.

Section A: Used for porter-house and sirloin roasts and steaks.
" B: Rump-steaks and corned beef.
" C: Aitch-bone, used for boiling and pot roasts.
" D: Buttock, used for round steaks and boiling.
" E: Round, used for corned beef and stewing.
" F: Shin, used for soups and croquettes.
" G: Flank, fine for boiling or drying.
" H and I: Used for corned beef and for pressed meats.

FORE-QUARTER.

" J: The fore-ribs, considered the best piece for roasting; also makes the finest steaks.
" K: Middle ribs, four in number, used for rib roasting.
" L: Chuck ribs, second quality of roasts and steaks.
" M: Brisket, used for corned beef, mince-meat, soups and spiced beef.
" N and O: Shoulder-piece, used for stews, soups and hashes.
" P: Neck, used for consommés, soups, mince-meat, sausages, etc.
" Q: Cheek, good roasted; head and all.

MUTTON.



Of the head the tongue only is used. The finest mutton for table use is what is known as the South Down. The South Down wether is the choicest meat found in the city markets.

Lamb born in the fall, well sheltered, and fed mostly upon milk, when killed in the Spring, is considered a great delicacy. Like all young animals, lamb should be thoroughly cooked.

Mutton is generally split down the back and each half is cut into two parts, called the hind and fore-quarters. A saddle of mutton is the middle portion before the quartering is done.

Section A: Leg, used for chops and roasts.
" B: Shoulder, used for baking and stews.
" C: Loin, used for roasts and chops.
" D: Loin, from which are taken the second-best chops.
" E: Rib chops, used either for frying or boiling.
" F: Breast, used for roasting or boiling.
" G: Neck, used for cutlets, broths and meat-pies.

VEAL.

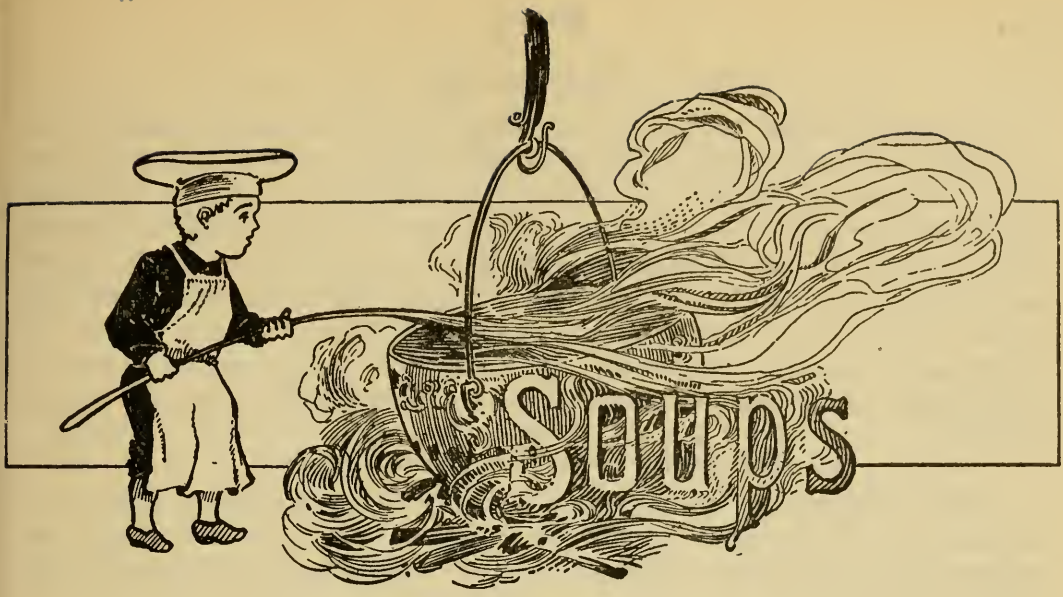
In cutting up veal, the hind-quarter is divided into loin and leg, and the fore-quarter into breast, neck and shoulder.

HIND-QUARTER.

Section A: Loin, the finest cut for roasts and chops.
" B: Fillet, for roasts and cutlets.
" C: Rump-end, used for roasts and cutlets.
" D. Knuckle, used for stews, soups, mince-meat.

FORE-QUARTER.

" E: Neck, used for stock, stews and hashes.
" F: Breast, used for roasting and chops.
" G: Blade-bone, used for pot-roasts and stews.
" H: Fore-knuckle, used for soups and pot-pies.
" I: Used for roasts.
" J: Same as D in hind-quarter.



HOW TO MAKE THEM.

A GREAT French authority on cooking says that soup bears the same relation to the dinner that a doorway bears to a house, and, it is safe to say, too, that no other dish is capable of such variation, and none has received so much attention from the cooks of all ages and all nationalities. There are at present about two hundred and ninety different kinds. When made of good material and in a proper manner, they are more nourishing than almost any other kind of food.

KINDS OF SOUP.

Soups are divided into two kinds—*meat* and *vegetable*. As the latter properly belong to Part II., only soups with meats will be found under this heading. In the making of meat soups, it is a matter of taste as to what portion of the beef shall be selected for making them. Some housekeepers prefer the shin bone, as it contains the marrow, which adds strength and thickness to the soup, while others like the neck, as that makes a more nutritious soup.

There are three classes of soup—clear, thick and purées. The first is clear and thin; the second, about as thick as cream but not transparent, while in a purée, all the ingredients entering into its composition, are rubbed through a sieve.

The flesh of old animals contains greater flavor than does the flesh of the young ones, while dark meat contains more than white meat

MEAT SOUPS.

In making meat soups, put the meat into cold water and allow it to boil slowly, then simmer for three or four hours,—never ceasing to simmer. Watch carefully for the albumen to rise, when it must be skimmed off, again and again, until it is perfectly clear. Soup should always be made in a granite or enamel-lined kettle, as it is healthier and the color is, at the same time clearer. Beware of using too much salt; a little is better. More can be added as the soup boils down. Onions should be added as soon as the soup boils. When making a thick soup, the vermicelli, rice, or whatever thickening is used, should be partly cooked before adding. J. L. S.

ORDINARY RULE FOR MEAT SOUP.

The ordinary rule in making meat soup is to use a quart of cold water to each pound of meat and bone. If the liquid boils away in cooking, add water from the tea-kettle that is boiling. Lukewarm or cold water will injure the flavor.

Parsely pounded and bruised and put in the soup a few moments before done, gives a nice color. The same is true of celery. Grated carrot imparts a nice color also. Another good coloring for soup is burnt sugar. A little spinach pounded and added will give a green color.

CONSOMMÉ OR PLAIN MEAT STOCK FOR SOUP.

Consommé or stock forms the basis of all meat soups, gravies and purées. The simpler it is made, the longer it keeps. It is best made of fresh, uncooked beef and some broken bones, to which may be added the remnants of broken meats. In a home where flesh forms part of the every-day diet, a good cook will seldom be without a stock-pot.

Four pounds of beef and broken bones, one gallon of cold water and two teaspoonfuls of salt. Put the meat and water on the back of the stove and let it slowly come to a boil, then simmer three or four hours, until the water is boiled away one-half; add the salt, strain and set to cool, in an earthenware dish well covered. When cold, take the fat off the top and it is ready for use. To make soup for a family of six,—take one quarter of the stock, to which add one quart of boiling water, and any vegetables desired—boil three hours. Season with salt and pepper.

MIXED STOCK FOR SOUPS.

To six pounds of lean beef, with the bones well cracked, add six quarts of water. Put the beef, bones and water in a covered kettle on the stove to heat slowly. Let it boil gently for six hours. After it has boiled

for six hours, strain and set aside well covered until the next day. Before needed, remove the fat, set the soup over the fire and throw in a little salt, two carrots, two onions, one turnip, one head of celery. Stew in sufficient water to cover them. When tender, add the vegetables and the water in which they were cooked, to the soup. Boil slowly for one-half hour. Strain when done. A bay-leaf added to the stock before cooking the second day, adds greatly to the flavor. M. R. D.

WHITE STOCK.

This stock forms an excellent basis for many soups. Rice, barley, vermicelli, macaroni, peas and beans, previously cooked, may be added. This provides a good use for vegetables left from yesterday's dinner.

White stock is used in the preparation of white soups, and is made by putting six pounds of a knuckle of veal or lean beef and veal gravy one-quarter of a pound of bacon or ham cut up in small pieces over the fire in six quarts of cold water, with four onions and four heads of celery cut up fine. Stew gently until nearly done, when salt should be added. Cook one hour longer; strain and set to cool. When cold remove fat and it is ready for use. COOK.

EGG BALLS FOR SOUP.

Rub the yolks of four hard-boiled eggs with a little melted butter, to a paste. Add a little pepper and salt. Beat two raw eggs and add to above, with flour enough to make them hold together. Make into balls, put in soup and let boil one minute. MRS. E. BROWN.

TOASTED BREAD CRUSTS FOR SOUP.

Toast bread crusts in front of a very small fire, and on a wire toaster. When brown on both sides, cut the bread into very small dice before serving. Untoasted bread swells, and is likely to spoil the appearance of the soup. MAMIE ALLEN.

NOODLES FOR SOUP.

Take two eggs, butter the size of a walnut, three tablespoons sour cream, flour enough to make a rather stiff dough; knead, roll out very thin and cut in narrow strips; cook half an hour or less. MRS. ROSE.

NOODLES—No. 2.

Use one egg, one-half an eggshell of water, pinch of salt. Mix stiff with flour. Lay on napkin to dry; roll like jelly cake. Cut as thin as wafers. MRS. MASON DOANE.

HERB POWDER FOR SOUPS.

It is not always possible to obtain fresh herbs, and so, a good way to obtain a flavoring for soups is to procure them in season fresh, just before they begin to flower; dry them in a warm, but not hot, oven; pound them fine and pass through a wire sieve. The powder should then be put into small bottles, stoppered closely, and kept dry. The proportions are as follows: Two ounces of sweet marjoram, two ounces of winter savory, two ounces of dried parsely, two ounces of thyme, half an ounce of bay-leaves, a quarter of an ounce of celery-seed, an ounce of sweet basil, and an ounce of lemon-peel. A. W. CUTTER.

CONSOMME WITH RICE AND CREAM.

Put one quart of plain consommé made after the above recipe, in a stew-pan and when it has come to a boil add a pint of boiling water and one-half cup of cold boiled rice. Boil for ten minutes, then add one teaspoonful each of sugar and salt and a cup of cream.

EMMA HOFFMAN.

CONSOMMÉ WITH PEARL BARLEY.

Put one quart of consommé, made after the above recipe for plain consommé in a granite kettle, add one-fourth of a cup of well-washed pearl barley, and one pint of boiling water. Let boil forty-five minutes. Add one-third of a cup of cold breast of chicken cut in dice, two tablespoonfuls of peas previously cooked, and serve on crisp crackers.

P. R. SAUR.

CONSOMME WITH EGG BALLS.

Use one quart of the above recipe for plain consommé put over to boil, adding to it one quart of boiling water. Just before taking from the stove put in a few balls made by rubbing smoothly together the yolks of two hard-boiled eggs seasoned with a dash of salt and pepper, one teaspoonful of melted butter, one-fourth teaspoonful of finely minced parsley and just enough slightly beaten raw egg to bind together. Mold into balls like small marbles. MRS. R. MCCALL.

VEAL BROTH.

Cut four pounds of scrag of veal into small pieces, and put into a stew-pan. Pour over three quarts of water, and place over the fire. Skim carefully. Add an onion, a turnip, three blades of mace, and a little salt. Stew all slowly for two hours. Then strain through a sieve and add a quarter of a pound of rice that has been boiled tender. Boil ten minutes more and serve. MRS. H. HARRINGTON

DELIGHTFUL AND APPETIZING DISHES FOR DINNER

1. Mrs. Horner's Individual Chicken Pies.
2. Pickled Onions—Swedish Recipe.
3. Grape Jelly—New Hampshire Recipe.
4. Mrs. Earle's Fish Croquettes
5. Mrs. B.'s Blueberry Cake.
6. Dressed Radishes and Celery. (Club Style.)
7. Stuffed Olives—Delicious

The turnpike road to people's hearts I find
Lies through their mouths, or I mistake mankind —*Dr. Wolcot.*

1. White Mountain Cream Puffs.
2. Mother's Salted Almonds.
3. Miss Stahl's Quince Soufflé.
4. Honey à la New York.
5. Ice-cream Cake
6. Sliced Lemon Pie

MUTTON BROTH.

(For Convalescents.)

Place in a kettle three pounds of a neck of mutton from which the fat has been cut, and chopped into small pieces, with six pints of water. Boil, skim, set the pan to the back of the stove, where it can simmer for an hour. Add three ounces of washed rice, with a turnip and some celery. Simmer for two hours. Strain, free from fat, add salt, and serve.

MRS. ROTH.

MUTTON BROTH—No. 2.

Two pounds coarse, lean, chopped mutton; half an onion sliced; one cup of milk, half a cup of raw rice; two quarts of cold water; seasoning. Boil meat and onion slowly four hours; season, and set by until cold. Skim and strain. Return to the pot with the rice (previously soaked three hours). Simmer half an hour, turn in hot milk, stir and serve.

A. P. SKINNER.

BEEF TEA.

Take two pounds of lean rump of beef, remove every particle of fat, cut into small pieces and place in a tightly corked bottle. Place the bottle in a deep saucepan of cold water, reaching two-thirds of the way to the top of the bottle, place over a slow fire, and keep it boiling slowly for fifteen minutes, take out the bottle, pour out the liquor, and use as required.

STANDARD BOUILLON.

One pint of water to every pound of meat; season with salt, pepper and vegetables to taste. MARY BUTTS.

BOUILLON—No. 2.

Four pounds of beef, one kuckle of veal, one carrot, two small turnips, a sprig of celery, one very small red pepper pod, two small onions, salt, and six quarts of water; boil six hours, and strain through a sieve. Let stand over night and congeal. Serve hot. INA BROWN.

BOUILLON—No. 3.

To five pounds of beef cut in small pieces, add five quarts of cold water. Simmer slowly six hours. A large shank of beef broken twice across and once lengthwise is equally good. After boiling three hours slowly, add salt, black pepper, one tablespoon of allspice, two onions cut fine, one grated carrot, two stalks of celery, two tomatoes, half a dozen whole cloves. Boil slowly three hours longer, strain, and set away. Next day remove the fat and boil. Just before serving, add a little nutmeg and mace. Serve in bouillon cups. LYDIA MANN.

CREAM SOUP WITH STOCK.

Two quarts white stock well seasoned, one quart of milk, scald together and add three tablespoonfuls of flour, two tablespoonfuls of butter; when all have been stirred to a smooth paste, cook well; just before serving add one cup of cream. Grate the yokes of four hard-boiled eggs in the bottom of the tureen, and pour the soup over it. U. R. S.

BARLEY BROTH.

Put two pounds shin of beef in one gallon of water. Add a teacup of pearl barley, three large onions cut up fine, a small bunch of parsley minced, three potatoes sliced, a little thyme, and pepper and salt to taste. Simmer steadily three hours, and stir often, so that the meat will not burn. Do not let it boil. Always stir soup or broth with a *wooden* spoon.

Mrs. Lizzie Chandler.

TURKEY SOUP.

Place the remains of a cold turkey and what is left of the dressing and gravy in a pot, and cover it with cold water. Simmer gently four hours, and let stand until the next day. Take off what fat may have arisen, and take out with a skimmer all the bits of bones. Put the soup on to heat until at boiling point, then thicken slightly with flour stirred into a cup of cream, and season to taste. Pick off all the meat from the bones, put it back in the soup, boil up and serve. Alice Lockie.

Freda W.

POTATO SOUP WITH MEAT.

Pare potatoes and cut into cubes and drop in a cold batter. Have ready, sliced onions, one-third as much as of potatoes, fat meat (salt pork or bacon, one-third as much as of onions), cut into short, narrow strips. Drop the meat into an empty hot soup kettle over the fire, fry lightly brown, add onions, stir to prevent burning. Add potatoes, season with salt, cover with boiling water and let boil about fifteen minutes, then add pepper and celery salt, and it is ready to serve.

M. H. P. Crandall.

MOCK TURTLE SOUP.

Take a calf's head, a knuckle of veal, a hock of ham, six potatoes sliced thin, three turnips, parsley and sweet marjoram chopped fine, and pepper. Forced meat balls of veal and beef, half a pint of wine, one dozen egg balls, juice of one lemon. The calf's head must have had the brains removed, and must have been boiled previously till the meat slips off the bone. The broth must be saved, so as to use in the soup.

Cut the head in small pieces after boiling. The veal and ham also must have been boiled and cut up, and all simmered for a couple of hours in the broth made by the calf's head. Now put all together. The forced meat balls and egg balls should be added, and all boiled for about ten minutes.

W. F. WINTERS.

TURKEY SOUP—No. 2.

Boil yesterday's turkey bones in water to cover them, for three-quarters of an hour. Chop a little summer savory and celery and add. When done, thicken with a little browned flour, and season with pepper, salt and butter.

CHARLOTTE FELT.

VEGETABLE SOUP WITH STOCK.

Cut three onions, three turnips, one carrot and four potatoes. Put them into a stew-pan with two tablespoonfuls of butter and a teaspoonful of powdered sugar. After it has cooked ten minutes, add two quarts of stock, and when it comes to a boil set aside to simmer until the vegetables are tender—about one-half hour.

AMANDA MILLER.

JULIENNE SOUP.

Take three carrots, three turnips, the white part of a head of celery, three onions, and three leeks, if you have them. Wash and dry the vegetables, and cut them into thin shreds, an inch in length. Place the shreds in a stew-pan with two tablespoons of butter and a small pinch of sugar, and stir them over a slow fire until slightly browned. Pour over them three quarts of clear stock and simmer gently for an hour, or until the vegetables are tender. Carefully remove the scum and fat, and half an hour before the soup is done add two lumps of sugar, with two pinches of salt, and two pinches of pepper, two cabbage lettuces, twelve leaves of parsley cut in the same way as the other vegetables, after being immersed in boiling water for a minute. Boil half an hour longer, skim carefully, and serve with bread fried in dice shape. It must be remembered that quick boiling would thicken and spoil this soup, which ought to be a clear brown.

MRS. M. E. HILTON.

BISQUE OF CLAMS.

Take fifty clams, one quart of milk, one pint water, two tablespoons of butter; save all the liquor the clams contain, put it over the fire with a dozen whole peppers, half a dozen blades of mace, and salt to taste. Let it boil for ten minutes, then drop in the clams. Let boil quickly for half an hour, keeping the pot covered. Strain the liquid before the clams are added. Watch the soup carefully, that it does not burn.

JAMES BROWN.

PARSNIP SOUP WITH STOCK.

Half a dozen sliced parsnips must be put in a stew-pan, with two onions, six sticks of celery, and two quarts of stock. Stew the vegetables until they are tender, which is about two hours, then drain them, press them through a coarse sieve, and return the purée to the soup. Let it boil, season with a little salt and pepper, or cayenne, and serve very hot. A little boiling milk may be added if liked. The excessive sweetness of parsnip soup may be corrected by the addition of a little tomato, or a tablespoonful of chilli vinegar. MRS. FRED WHITE.

BEEF BROTH.

Cut an onion, a carrot, one turnip, one parsnip, and a stalk of celery into small dice. Fry them in butter and as soon as brown add two pounds of the rump of beef which has also been cut up very small, and fry. Wash half a cup of barley. Season with salt and pepper, and add two quarts of water. Boil two hours. Brown small squares of bread in the oven, and serve with the broth. LUCY COOPER.

CLAM SOUP.

(Fine for Invalids.)

Cook two quarts of clams twenty minutes in their liquor; add salt and pepper and three pints of milk, two tablespoons flour mixed with butter the size of an egg; let come to a boil and strain. NURSE.

OYSTER SOUP.

Two quarts of select oysters, one pint of water, one quart of milk, a generous lump of butter, pepper, and salt. Strain the liquor from the oysters; add to it one pint of water and heat. When ready to boil, add the seasoning, then the oysters. Cook three minutes or until they "ruffle." Stir in the boiling milk and send to table. Some prefer all water in place of milk. MRS. T. M. B.

OYSTER CREAM SOUP.

One quart of oysters, one quart of milk, tablespoonful of butter, two tablespoonfuls of flour; wash and drain the oysters; put over fire in saucepan; stir until swelled and boiling; remove, drain and return that liquor to the saucepan, setting on the back of the stove; chop oysters fine and add to the liquor; set forward on the stove, adding the milk; when boiling add the butter and flour, rubbed together; season and serve with a tablespoonful of whipped cream on each dish of soup.

MRS. R. WHIPPLE.

MULLIGATAWNY SOUP.

Melt a quarter of a pound of butter in a saucepan, and chop a carrot, an onion, and a little celery, and fry in this butter. Add an ounce of raw ham cut into small squares, and a very small chicken cut in quarters. Let them brown slowly, season with salt and pepper, and shake a spoonful of curry powder over. In five minutes add two quarts of broth and two potatoes cut up very small. Cook all for one hour, skim the fat from the soup and lift out the chicken. Cut the breast into small squares, place them back in the soup. Serve a dish of plain boiled rice with it.

CHRISTINE NORIMER.

SCOTCH BROTH.

Boil four pounds of lean mutton in four quarts of water, stir into it half a pound of Scotch barley. Keep it well mixed until the water boils, and skim the surface carefully while simmering, as fast as the scum rises. Cut up a couple of carrots, a turnip and an onion; add these, with a quart of green peas, a few sprigs of parsley, and a dessert-spoonful of pepper and salt, mixed. The vegetables should not be allowed to boil a longer time than is required to cook them. Scotch broth may be made of beef or veal.

MARGARET TURNBULL.

OX-TAIL SOUP.

Cut one ox-tail into joints and fry brown in good dripping; slice three onions and two carrots and fry in the same dripping when the pieces of ox-tail have been taken out. When done tie them with thyme and parsley in lace bag and drop into the soup-pot containing four quarts of water. Put in the tail and two pounds of lean beef cut into strips. Grate over them two carrots, with pepper and salt to taste, and boil slowly for four hours; strain and thicken with brown flour moistened with cold water and boil for an additional fifteen minutes.

MRS. INA FELT.

AMBER SOUP.

Take a chicken, or the remains of two or more roasted ones, break in pieces and add a soup bone with three quarts of water. Cook slowly for four hours, then add an onion fried in a little hot fat, with half a dozen cloves stuck into it, one-half a small carrot, parsley and three stalks of celery, and cook for another hour, by which time the stock will have been reduced by boiling to two quarts. Strain into a large bowl and the following day remove the fat which will have accumulated on top; take out the

jellied stock, avoiding the settlings which will do for some sauce or gravy; let it heat, then skim and mix into it the beaten white of an egg, shell and all; skim off carefully and strain through a fine strainer.

Mrs. C. H. M.

CHICKEN BROTH.

Cut up a chicken into small pieces and put it in a deep earthen dish, adding a quart of cold water, and setting it over a boiling kettle. Cover closely and let it steam several hours until the meat of the chicken has become very tender, after which strain off the broth and let it stand over night. Skim off all the fat in the morning and pour the broth into a bowl. Into the dish in which the broth was made put one-third of a teacupful of rice in a teacupful of cold water, and steam as before until the rice is soft; then pour in the broth and steam an hour or two longer.

Mrs. I. C. Miller.

CHICKEN BROTH—No. 2.

Cut up the fowl and put into a pot with four quarts of cold water. Stew until diminished to three quarts. Take out the chicken and reserve for use. Season broth and add a small cup of rice. Cook rice tender. If desired add a cup of milk and one or two beaten eggs before serving.

Miss Minnie B.

CHICKEN GUMBO SOUP.

Fry one chicken; remove the bones; chop fine; put in kettle, with two quarts of boiling water, three ears of corn, six tomatoes sliced fine, twenty-four pods of okra; corn, tomatoes and okra to be fried a light brown in the gravy left from frying the chicken; then add to the kettle with water and chicken, two tablespoonfuls of rice; pepper and salt; boil slowly one hour. Mrs. W. M. Wheeler.

VEAL SOUP.

Cut up a shank of veal in small pieces, cook with two and a half quarts of water; when done, strain liquid off and wash kettle; put liquid back. Add pepper and salt to taste; set back on stove; add one quart of sweet milk and one quart of rich cream; before serving stir in two eggs, beaten to a stiff froth. Mrs. A. M. Smith.

MOCK TERRAPIN.

One cold chicken, four hard-boiled eggs, one cup of milk, a pinch of salt and pepper, and butter the size of a walnut. Boil the milk; thicken with the flour, then add the cold chicken and eggs, chopped fine. Let boil up and serve hot. Very fine. Mrs. A. C. Brown.

OXTAIL SOUP—No. 2.

In hot saucepan place lump of butter size of an egg and brown Wash and cut three ox-tails at joints and place in the browned butter—and fry so they are brown all over. Then pour all into a pot with four quarts of boiling water; cut up fine one good-sized onion, one carrot, a spray of parsley and a sprig of celery; let boil for an hour then boil two hours longer; salt to season and take from fire and strain. When cool skim off fat; put all back on stove, adding one tablespoonful of tomato catsup; when at boiling point, stir into soup two heaping tablespoonfuls of flour mixed up in cold water; simmer until ready to serve.

I. M. Brain, Chef at Parker House.

CELERY SOUP WITH STOCK.

Cut the white part of half a dozen heads of celery into small pieces, and boil in two quarts of white stock, with a quarter of a pound of lean ham and two ounces of butter. Simmer gently one hour, then drain through a sieve, return the liquor to the pan and stir in a few teaspoonfuls of cream with great care. Thicken with a tablespoonful of flour and serve with hard crackers placed in the soup about five minutes before taking up. Season to taste. Mrs. Frances Sanderson.

A DELICATE CHICKEN SOUP.

Prepare three young chickens and put them in a stew-pan with five pints of white stock freed from fat and cleared from sediment. A sliced turnip and carrot may be put with them, and removed before the soup is thickened. Let them simmer gently an hour. Remove all the white flesh, return the rest of the birds to the soup, and simmer once more for two hours. Pour a little of the boiling liquid over a quarter of a pound of crumbs of bread, and when it is well soaked, drain it, put it in a mortar with the flesh which has been taken from the bones, and pound it to a smooth paste, adding, by degrees, the liquid. Flavor with salt, pepper, and a very little pounded mace; press the mixture through a sieve, and boil once more, adding one pint of boiling cream. If the soup should not be sufficiently thick, a tablespoonful of arrowroot which has been mixed may be added very smoothly with a little cold milk.

Mrs. Callie Price.

LORNE SOUP.

Put three pints of stock into a stew-pan with a carrot, a turnip, a small sprig of lemon-thyme, a bunch of parsley, and a little pepper and salt. Simmer gently for half an hour. Pick all the white meat from the

remains of a cold roast chicken, mince it fine and pound in a mortar with the yolks of two hard-boiled eggs, the crumbs of half a roll which has been soaked in milk and then pressed dry, and two ounces of blanched and pounded almonds. Strain the soup, and return it again to the saucepan. Stir the pounded ingredients thoroughly into it, simmer gently for a few minutes, and serve. MRS. MARIA HASTY.

ASPARAGUS SOUP WITH STOCK.

Take one-half pound of fresh asparagus, cut off heads, boil separately in salt water until done, about fifteen minutes. Cut the rest into small pieces, throw them into two quarts of boiling stock. Cook gently one hour. Pass through a fine colander, boil again, add asparagus heads, the yolks of one or two eggs beaten up in one-half cup cream. Serve.

M. H. T.

ONION SOUP WITH SALT PORK.

Take a small piece of salt pork (slightly lean is best), cut it into pieces half an inch square. Put it into the soup kettle with sufficient water for the soup. Now add twelve good-sized onions pared and sliced fine. When they begin to boil add as many potatoes pared and sliced. When done add one egg beaten well. Serve at once. Other meat can be used, if desired. MRS. MARY TREADWELL.

GIBLET SOUP.

Giblets from two or three fowls; two quarts of water; one of stock; two tablespoonfuls of butter, two of flour; salt, pepper and onion if desired. Put giblets on to boil in the water and boil gently till reduced to one quart (about two hours); take out the giblets, cut off tough parts and chop the remainder. Return to the liquor and add stock. Cook butter and flour brown and add to the soup. Season. MRS. M. WHITE.

GUMBO SOUP WITH STOCK.

One shank of beef, crack the bone and put it in the pot, with just water enough to cover. A tablespoonful of salt, two onions chopped fine, and a little pepper. Let boil six hours; then take from fire, remove bone, and cut the beef fine. Return the beef to the pot add a tablespoonful of sugar, two tablespoonfuls of flour browned and mixed in butter, and four eggs boiled hard; cut in slices. FRAULEIN HIRSCH.

FISH SOUP.

Clean and trim any kind of fish—fresh or salt water. Boil the fish with a head of celery, a small quantity of parsley, two onions, a bay-leaf,

and five cloves. Use water, and cover the saucepan closely. When the contents have boiled one hour, add as much water as will be required to make the soup. Strain and stir in a cup of cream. Season with salt and white pepper. Lay in the tureen some eggs, nicely fried in butter; allow one for each person. Pour the soup over, and serve with toasted bread.

MRS. LUCY CARR.

TOMATO SOUP WITH STOCK.

A quart of soup stock, two cups of sliced tomatoes. Cut up a small onion and slightly brown. Put all on the fire, and add a cupful of milk, a teaspoon of butter, a little pepper, a teaspoon of sugar, and a saltspoon of salt. Let boil three minutes. Strain, thicken with a tablespoon of flour, made into a paste with water, and serve hot with croutons of bread.

MRS. ELIZA GILL.

CALF'S FOOT BROTH.

Have two feet thoroughly cleaned. Then put them in three quarts of water, and let it boil until it wastes away to three pints. Strain and set aside in a cool place. When cold, remove the fat. Heat a little at a time, as you want it, and add salt and nutmeg, if you like the flavor.

CARRIE PHILLIPS.

ASPARAGUS SOUP WITH STOCK—No. 2.

Asparagus makes a delicate soup. Use one large bunch of asparagus, wash and cut off the heads in one-inch lengths and lay them at one side. Cut the remainder into halves and boil them in a generous pint of white stock. Put into a small saucepan two tablespoonfuls of butter and two small slices of onion. Cover and let cook slowly on the back of the fire eight minutes; add two tablespoonfuls of flour and stir until the mixture is smooth and frothy, but not brown. Season with salt and pepper and add it to the asparagus and cook slowly ten minutes. Then rub them through a coarse sieve, return to the fire and stir in one pint of cream or rich milk and let it come to the boiling point and serve immediately. Cook the heads a few minutes in boiling salted water and add them to the soup when in the tureen.

MRS. ANNIE HALE.

BARLEY SOUP WITH STOCK.

Wash a teacupful of pearl barley in three waters and boil in two quarts of soft water for two hours. Drain the water, rinse in cold water and it is ready for the soup. First, cut three slices of turnip, and half that quantity of carrot and onion into small pieces and boil in two quarts soup stock until tender. Add the cooked barley, and season slightly.

J. S.

BISQUE OF CRABS.

Take a dozen live crabs and place in some cold water with a little salt, and let soak for an hour. Now hash up a couple of carrots with an equal quantity of onion, and fry together with the crabs, shell and all, in a little butter in a saucepan, add a little thyme and bay-leaf, season with salt and a pint of white stock, then cover and cook for fifteen minutes, after which take out the crabs, strain the broth, and place the liquid to cool. When cool pour off the top. Now remove the shells from the crabs, taking out the lungs and the small legs from both sides, and wash each one in some warm water. Next drain and chop them with about half their quantity of cooked rice. Add a little of the juice in which they have been cooked and then drain through a cheese-cloth. Add a little salt and red pepper, and place over the fire just previous to serving, but do not allow it to come to a boil. ISABEL S.

CABBAGE SOUP WITH STOCK.

(German Style.)

Take one sound white cabbage, wash and trim off the outer leaves, chop fine and put it in a stew-pan with a quart of water. Let boil until tender. Add a quart of beef broth, salt and pepper to taste, and boil once more. Before serving stir in a lump of butter and two small lumps of sugar. Serve hot. F. R. S.

MACARONI SOUP.

(Italian Style.)

Put four sticks of macaroni into a saucepan with one tablespoonful of butter and one onion. Boil until the macaroni is tender; when done drain and pour over it two quarts of good broth, beef, chicken, or other kind. Place the pan on the fire to simmer for about ten minutes, watching lest it break or become pulpy. Add a little grated Parmesan cheese, and serve. S. S.

CLEAR SOUP WITH NOODLES.

Take two quarts of clear beef broth, peel and slice two carrots and two onions; put them into a stew-pan with a generous lump of butter and one small cabbage cut into shreds, cover and put over a slow fire, so as to stew gently until tender. Shake the pan occasionally to prevent burning. When the vegetables are cooked put them into the beef broth and boil the whole gently for thirty minutes, then strain. To make the noodles, slightly warm one-half cup of butter and beat to a cream, then work

smoothly into it two heaping tablespoonfuls of flour and two well-beaten eggs. Let the soup boil up again; drop in small balls of the egg and butter and let it simmer for an hour longer. A. F. C.

CREAM OF SPINACH WITH STOCK.

Take one pint of cold cooked spinach, chop and pound into a soft paste. Put it into a stew-pan with four tablespoonfuls of butter and a teaspoonful of salt. Cook and stir it about fifteen minutes. Add to this one quart of stock and one pint of boiling water; let boil up, then rub through a strainer. Set it over the fire again, and, when boiling, add a tablespoonful of butter, and a teaspoonful of sugar.

Mrs. C. Cayton.

CORN AND TOMATO SOUP WITH STOCK.

Cut one pound of beef into small pieces, put it into a granite kettle with three quarts of water, and boil gently two hours. Strain, put over the fire again and put in six large tomatoes and boil for an hour. When cooked, drain and pass the tomatoes through a fine sieve. Return to the stove. Scrape six ears of corn from the cob and put into the soup; also put in a small lump of butter and season to taste with salt and pepper. Boil the soup twenty minutes; serve crisp crackers. Inez Slocum.

GOULASH.

(Hungarian Style.)

This can be made of chicken, beef, or any meat desired. The easiest way is to take a quart of cold chicken stock, previously salted, a quart of cold water and two cups of boiled chicken meat cut into dice. Put into granite kettle and add one-half dozen fresh ripe tomatoes, six good-sized onions and let boil till all are tender. Then add salt and one-fourth teaspoonful of red pepper. Serve in soup dishes. To be eaten with toast.

Mrs. L. M. Miller.

GREEN PEA SOUP WITH STOCK.

Wash the neck of lamb in cold water, and put it into a soup-pot with six quarts of cold water; add to it two tablespoonfuls of salt, let boil gently for two hours, then skim; add a quart of shelled peas, a little pepper; cover and let boil for half an hour; scrape the skins from a pint of small young potatoes; slice and add them to the soup; cover and let boil for half an hour longer; work butter size of an egg and a dessert-spoonful of flour together, and add to the soup ten minutes before taking off the fire. Miss R. Lyon.

SPLIT PEA SOUP WITH SALT PORK.

Wash a pint of split peas and cover with tepid water, adding a pinch of soda; let remain over night to swell. In the morning put them in a kettle with three quarts of cold water, adding half a pound of lean salt pork cut into slices; also a teaspoonful of salt and a little pepper. Cook slowly for three hours, stirring occasionally till the peas are all dissolved, adding a little more boiling water to keep up the quantity as it boils away. Strain through a colander. Serve with small squares of toasted bread. If not rich enough, add a small piece of butter. LILLIAN.

DRIED BEAN SOUP.

One quart dried beans, one-half pound salt pork or ham, three quarts of cold water, salt and pepper to taste. Wash the beans and soak them over night. In the morning drain the water off, and cover them again with the boiling water; add the pork and boil gently two hours. Press the beans through a sieve, return them to the soup kettle, and bring to a boil. Add salt, pepper, butter and a speck of sugar, and serve with toasted bread. MRS. M. C.

CARROT SOUP WITH STOCK.

Put in soup kettle a knuckle of veal, four quarts of cold water, a quart of finely-sliced carrots, one large head of celery; let boil two and a half hours, and add one-fourth of a cup of rice and boil an hour longer; season with pepper and salt, and serve. L. M.

TOMATO CREAM SOUP

And all Vegetable Soups, see Part II.

A BRAIN FOOD.

FISH is pronounced by medical authority to be the best "brain food," of all the meats. It is also more easily digested than the flesh of animals. In cooking fish the first care of the housewife is to be certain that the fish she is about to cook is perfectly fresh and thoroughly clean. In boiling fish, it should be put into warm water and boiled gently. In removing it from the kettle, avoid breaking the skin as it gives the fish a ragged appearance. Some cooks have kettles with a strainer on the bottom. The usual garnishes of fish are slices of lemon and sprigs of parsley.

In frying fish, the fat should be boiling and cover the fish. Best results are obtained when the fish is rolled in flour or bread-crumbs. The best color is obtained when the fish is fried in Ko-nut, a vegetable oil spoken of quite at length in Part II.

BROOK TROUT.

These delightful fish are usually fried. Wash and dry the fish, being certain that they are dry inside as well as outside, sprinkle a little pepper and salt over them, and roll in corn meal. Use one part butter, to two parts lard to fry a golden brown. Drain, and serve with slices of bacon and hard-boiled eggs cut in rings and laid around the platter. It takes about eight minutes to fry them. MRS. JULIA EATON.

BAKED HADDOCK.

Scale and clean a three-pound fish; fill with forcemeat and sew up, sprinkle over a generous supply of salt and bread-crumbs; put three even tablespoonfuls of butter in tiny pieces on the fish; bake three-quarters of an hour, basting frequently. I. H. B.

FORCEMEAT.

One cup of bread-crumbs, two tablespoonfuls of butter, beef suet finely chopped, slice of onion finely chopped; half-teaspoonful of salt and a dash of cayenne. Moisten with a beaten egg. Take up the fish and make sauce by putting one cup of milk and half-cup of water in pan; add pinch of salt; thicken with one tablespoonful of flour. Garnish platter with sliced lemon and parsley. MINNIE C. WHITE.

BAKED PICKEREL WITH OYSTER SAUCE.

Scale, clean and wipe the fish leaving on the head and tail. Lay it on a buttered pan, dredge with salt and pepper, spread with soft butter and dredge with flour. Put in a hot oven, and when the flour begins to brown, baste with butter and water. Bake forty minutes, and serve with oyster sauce.

OYSTER SAUCE.—Parboil a half-pint of medium-sized oysters, drain off the liquor and add enough milk to make a generous pint of sauce. Cook one rounded tablespoonful each of butter and corn-starch in a saucepan and when well mixed stir in milk mixture. When smooth add one-half a cup of cream. Stir in the oysters, season, and serve hot.

MRS. WM. BROWN.

BOILED STURGEON.

Cut the fish into thin slices like veal cutlets, rub them over with butter and sprinkle with pepper. Serve very hot with lemon garnish. Cut off the skin before the fish is boiled, as the oil in the skin if burned imparts a very rank flavor. M. V. H.

BOILED SALT MACKEREL.

Soak the mackerel over night, so as to remove the salt. Boil in a napkin in clear water, drain and lay it on a dish with a garnish of parsley. Make a sauce of melted butter, and serve with boiled potatoes. B. J.

BROILED FRESH MACKEREL.

Draw and wash the mackerel, cut off the head, rub over with salt and let stand for an hour. Rub a gridiron with Ko-nut or olive oil, lay on the mackerel and broil over a clear fire. Garnish dish with parsley and serve fish hot. MRS. CAROLINE PRESTON.

BAKED WHITEFISH.

Scale and clean a good-sized fish, cut off the head, take out the bones by fastening the head of the fish with a tack to the table and begin-

ning at the head to pull all bones downward and stuff with the following: Take stale bread, soak in warm (not hot) water, squeeze dry; cut in pieces a small onion, fry in butter; add the bread, one-half cup of butter, salt, pepper and a little sage; heat through, and when taken off the fire, add the yolks of two well-beaten eggs; stuff the fish, sew up and entwine with several pieces of white tape. Rub the fish slightly over with butter; cover the bottom of a pan with a little hot water, and place the fish in it. Bake brown and serve with drawn butter. MRS. C. I. CRONK.

FRIED BASS WITH BACON.

Carefully clean the required number of bass, season well with pepper and salt, roll in flour, then drop into a pan of very hot lard or Ko-nut and fry a golden brown. Fry in a separate pan some slices of bacon; one piece for each piece of the fish and lay on the fish. Garnish with parsley.
A. M. C.

FRIED SMELTS.

These delicate little fish cannot be opened as can larger fish. Cut off the head and pull the insides through the gills. Wash and dry in a cloth, then roll them in flour or bread-crumbs three or four times till they are well covered. Drop them into boiling fat and fry both sides to a golden brown. It takes about ten minutes to cook them. Take them from the pan with a skimmer, and lay them on a platter, garnishing with parsley.
MRS. A. R. G.

BAKED COD.

Take the middle part of a large codfish or a whole small one, a teacup of bread-crumbs, peppered and salted, two tablespoonfuls boiled salt pork, finely chopped, one tablespoonful of herbs—sweet marjoram, thyme, and a mere suspicion of minced onion—one teaspoonful of Worcestershire sauce, one-half a teacup of melted butter, juice of one-half a lemon, one beaten egg. Lay the fish in cold, salted water for half an hour, then wipe dry and stuff with a forcemeat, made of the crumbs, pork, herbs, onion, and seasoning, bound with the beaten egg. Lay in the baking-dish, and pour over it the melted butter, which should be quite thin, seasoned with the sauce. Bake in a moderate oven for an hour, or longer, if the piece is large, basting frequently, lest it should brown too fast. Add a little butter and water if the sauce thickens too much. When the fish is done, remove it to a hot dish, strain the gravy over, and serve. MRS. CHARLES EBERT.

BOILED COD WITH CREAM SAUCE.

Clean carefully a fresh codfish, place in a kettle with salted cold water and boil fast at first then slow. When done take out and remove skin. For sauce put a cup of butter into a stew-pan and stir in one tablespoonful of flour. When brown stir in a cup of cream, add a little salt and pepper. Let just come to a boil and serve with the fish.

INA T. MCMULLEN.

BAKED PIKE.

Wash, scale and clean the fish, and dry it perfectly in every part. Fill it with forcemeat, and skewer it with its tail in its mouth. If the fish is not stuffed, sprinkle a little salt and cayenne in the inside, and place an ounce of butter there. Egg and bread-crumb it twice. Season the bread-crumbs with salt and cayenne, and mix with them a third of their quantity in shredded parsley. Pour clarified butter over the fish, and bake in a moderate oven. Lay a buttered paper over the dish. Any good fish sauce may be sent to table with pike dressed in this way.

MRS. CLARINDA ELLIOTT.

BAKED PIKE—No. 2.

After scaling and cleaning the pike, cut it across in slices of a uniform thickness, and mix some slices of raw onion, a piece of butter, pepper, salt, and half a pint of sour cream. Lay it over the slices, in a baking pan, and put them in the oven. Bake twenty minutes, basting it with the cream often. Strew cracker crumbs and grated cheese over the fish, and brown. Remove the slices of pike to a hot platter, pour some stock in the baking pan with some lemon juice, salt and pepper; stir a couple of minutes over the fire and then pour it over the fish, and it is ready for the table.

MRS. J. LEROY.

BROILED SALMON.

Cut six slices from the salmon, sprinkle them with salt and pepper; dip in beaten eggs and bread-crumbs. Place them in a saucepan and cook both sides quickly. Drain and lay them in a dish. Garnish them with a few slices of lemon dipped in parsely chopped fine and some eggs fried in Ko-nut oil.

MRS. B. T. HALL.

BOILED SALMON.

Sew as many pounds as desired up in a cheese-cloth bag, and boil for a quarter of an hour to the pound in slightly salted water. When done, take out and lay upon a platter, being careful not to break the fish. Prepare a small cupful of drawn butter in which has been stirred a tea-

spoonful of minced parsley and the juice of one-fourth of a lemon. Pour over the salmon and serve. Garnish with parsley. The choicest portion of the salmon is that at the center and toward the tail.

PARKER HOUSE.

SCALLOPED SALMON.

Shred one can of salmon, place in a baking dish in layers; first, a layer of rolled cracker crumbs, then one of salmon, butter, salt and pepper; repeat until dish is nearly filled. Then take a tablespoonful each of butter and flour beaten well together and stir it into a cup of boiling milk; when thoroughly cooked, stir in a beaten egg; pour this over dish and bake. When nicely browned it is done. MISS M. A. STONE.

SCALLOPED SALMON—No. 2.

Canned salmon forms the basis of many nice dishes. Turn the contents of a can into an earthen bowl for an hour before using. Never let a tin of meat, vegetables or fruit stand after it is opened, but turn out the contents at once into some crockery or stone dish. Pick the salmon into small fragments, mix with one-third the quantity of bread-crumbs and add a beaten egg, two tablespoonfuls of melted butter and a teaspoonful of lemon juice for every pint of the mixture; season to taste, put in a buttered dish, dust with crumbs and bake brown.

A nice cream sauce is made for canned salmon by adding the fish, as it comes fromthe can, to a pint of the sauce, and garnishing with bits of toast. M. E. H.

SALMON—AU ENTRÉE.

Remove from the can; break up carefully, taking away all the oil, and as many of the bones as possible. Arrange daintily on a platter with parsley and thin slices of lemon. M. A. C.

SALMON TURBOT.

One large can of salmon, two eggs, one pint of milk, one cup of sifted flour, one-fourth of a cup of butter. Heat the milk and half of the butter, stir into it the flour which has been mixed smooth in a little water. Salt and let cook until stiff, stirring to prevent burning. When cold, stir in the eggs well beaten. Have a baking dish ready, fill with a layer of the same and salmon alternately. Sprinkle a layer of rolled crackers on top, moisten with milk and put the balance of the butter in bits over all. Bake about twenty minutes. Serve hot. MRS. C. F. G.

MOLDED SALMON.

One can salmon, two eggs (beaten lightly), two tablespoonfuls melted butter, one-half cup fine bread-crumbs, one tablespoonful corn-starch; chop fish fine, beat in bowl with silver spoon, pepper and salt to taste; put in a buttered mold and steam one and one-half hours.

MRS. HARLEY.

SALMON CREAM.

One can salmon; remove skin, bone, and fluid, and mince fine. For sauce, a little more than one-half pint of milk thickened with corn-starch; add salt and pepper. Put bread-crumbs in bottom of a dish, then fish and sauce and bread-crumbs on top. Bake. MRS. E. P. CAMPBELL.

PLANKED SHAD.

Remove the scales, clean, wash, and split the shad, put it on a hardwood board about an inch and one-half thick with the skin side down and fasten it with some tacks, put the board over the fire, rubbing it once in a while with butter, and roast until done. The plank should be well seasoned and heated before placing the shad upon it or the fish will partake of the flavor of the wood. When done turn on a hot dish, sprinkle over it some salt and pepper, and drop upon it small bits of butter. Serve with slices of lemon. THE BOURSE, PHILADELPHIA.

BROILED SHAD.

(Washington Style.)

Split a good-sized shad down the back and lay on a platter, upon which is one tablespoonful of olive oil, and a little salt and pepper; leave it here an hour, but turn occasionally. Rub the bars of a double gridiron with oil to prevent sticking, lay the fish on and broil slowly, doing the inside first. Turn frequently. It will take from ten to fifteen minutes, according to the size of fish, to cook. When the bone can be easily lifted it is a sign that the cooking is sufficient; take off the bone, spread over a generous piece of butter, salt and pepper, and set in the oven for a minute. Excellent. ARLINGTON HOTEL, WASHINGTON, D. C.

BAKED SHAD.

Remove the scales and entrails but do not cut off the tail or head. Wash thoroughly and wipe dry. Fill with a dressing made of one cup of stale bread-crumbs, a tablespoonful of butter, a little chopped onion, half a teaspoonful of marjoram, same of salt and a shake of pepper. Place the fish in a well-greased pan. Dredge thickly with flour, salt and pep-

per. Pour a cupful of hot water in the bottom of the pan; if it cooks away add more. Bake in a hot oven, allowing fifteen minutes to every pound. Serve with roe sauce.

Roe Sauce.—Boil the roes of one shad, skin and mash fine; add one cupful of drawn butter and serve at once. Mrs. I. Tibbitts.

BOILED FLOUNDERS.

Lay the fish in a kettle, with salt and water in the proportion of six ounces of salt to each gallon, and a little vinegar. Let the water boil a minute or so, then remove it to the side to simmer till done. The fish must not boil fast, or they will break. They should simmer fifteen minutes. Hazel.

BOILED HALIBUT.

Purchase a thick slice cut through the body, or the tail piece, which is considered the richest. Wrap it in a floured cloth and lay it in warm water with salt in it. A piece weighing six pounds should be cooked in half an hour after the water begins to boil. Melted butter and parsley are eaten with it. If any is left, lay it in a deep dish and sprinkle on it a little salt, throw over it a dozen cloves, pour in some vinegar, and it will, when cold, have much the flavor of lobster. Mrs. Sarah Todd.

BAKED BASS.

Make a filling of pounded cracker or crumbs of bread, an egg, pepper, clove, salt and butter. Fill it very full, an when sewed up, grate over it a small nutmeg and sprinkle it with pounded cracker. Then pour on the white of an egg, and a little melted butter. Bake it an hour in the same dish in which it is to be served. Portland House, Me.

FRIED FINNAN HADDIES.

Rub Ko-nut oil on both sides of the fish, and set it in a frying-pan with plenty of butter. Shake the pan over a clear fire. Three minutes will cook it. Then rub a little butter over it and send to table.

Mrs. Conant.

SPANISH COD.

Take one or two thick slices of cod, tail end of the cod, remove the skin, dredge flour over the fish, and fry it in hot lard until nicely browned. Take it out gently with an egg-slice, drain, and put it into a saucepan with as much good brown gravy, boiling, was will swim it. Add a little salt and cayenne, the juice of half a lemon, a lump of sugar, an onion stuck with two cloves, and a little tomato catsup. Simmer softly till the fish is cooked; take it out, place it on a hot dish, strain the gravy, thickening it with a little browned butter. I. W. M.

FRIED PERCH.

After washing and scaling the fish wipe them dry, flour them lightly all over; rub off the flour, dip them into beaten egg, and then into finely-grated bread-crumbs, and fry them in plenty of boiling fat, until they are nicely browned. Drain a few minutes on an inverted sieve, serve on a hot dish, and garnish with parsley. Send shrimp sauce, anchovy sauce, or plain melted butter, to table in a tureen. MRS. ELIZA PRAY.

BROILED SARDINES.

These tiny fish are very nice when broiled over hot coals a minute or so, turning them once. Large slices of toast must be ready; on each slice place two of the fish, and then pour a little of the oil which was left in the can. The oil must be hot. INEZ HEFFEL.

RED HERRINGS.

Red herrings or Yarmouth bloaters can be cooked by making incisions in the skin across the fish, for a very little cooking will do them. If there is any roe, pound it in a mortar, with a little anchovy, and spread it on toast. When the herrings are very dry, soak them in warm water an hour before cooking. P. A. THRALL.

SALMON CUTLETS WITH CAPER SAUCE.

Take a slice of salmon two inches thick, carefully remove the bones and skin, cut into slices half an inch thick, and flatten them on the chopping-board with a cutlet bat dipped in water. From these slices cut as many cutlets of as uniform shape as you can. Place them quite flat on a well-buttered baking tin, sprinkle pepper and salt over them, and, ten minutes before they are wanted, put them into the oven with a sheet of buttered white paper over them. Put all the trimmings of the salmon into a saucepan with carrots, onions, thyme, parsley, a bay-leaf, a few cloves, some whole pepper, salt to taste, and a little more than a pint of good stock. Leave this to boil gently till reduced one-half, then strain the liquor into a basin, and remove any fat there may be. Melt a piece of butter the size of a walnut, add to it half a teaspoonful of flour, and stir it on the fire till it is well colored. Add the liquor to this, and continue stirring until the sauce boils, then add a heaped teaspoonful of capers; pour the same over the cutlets, and serve. B. ELLIS.

CUTLETS OF COD.

The ingredients are three pounds of the fresh fish cut in slices of the thickness of three-quarters of an inch, and taken from the body of the fish; a handful of fine bread-crumbs, with which should be mixed pepper and salt, and a little minced parsley and an egg, beaten light. Enough dripping to fry the cutlets.

Cut each slice of fish into strips, as wide as two fingers, dry them with a clean cloth, rub lightly with salt and pepper. Dip the slices in the egg, then the crumbs, and fry in enough fat to cover. Drain away every drop of fat, and lay the cutlets on a napkin on a hot dish.

MRS. C. LEONE.

FISH TURBOT.

Cook a fish of about four pounds in salted water to which spices, parsley, and celery have been added. Pour in a cup of vinegar. Then let the fish become cold and pick into small pieces, removing the bones and skin. Now make a dressing of a cup of milk, two large tablespoons of flour, one cup of sweet cream, pepper and salt. Cook ten minutes, then mix with fish, stewing a little parsley over mixture. Grease a pudding form with butter, then fill with the mixture. Cover the top with crackers rolled fine and browned in butter. Bake half an hour.

MRS. CASPER.

FISH TURBOT—No. 2.

Take two cups of flaked fish, one cup rolled and sifted shredded wheat biscuit crumbs, four tablespoonfuls of butter, one cup of milk, pepper, and one-half of a teaspoonful of salt. Use cold boiled and baked fish that is left over. Butter a pudding dish, cover with crumbs, layer of fish, pepper, butter and sauce made from two tablespoonfuls of wheat flour, two of the level tablespoons of butter, salt and milk. Boil till it thickens. Proceed in this way until the dish is filled, finishing with crumbs, and dress with butter. Bake slowly forty minutes. E. M. B.

FRIED EELS.

Clean and cut the eels into pieces three inches in length, cover them in a saucepan with cold water, in which salt, pepper, thyme, onions and carrots sliced thin, and one-half of a glass of vinegar have been put. As soon as they boil take from the fire, and let them become cool. Then drain them and dry. Mix egg and bread-crumbs, beating the egg first, and dip each piece in. Fry them brown in drippings. Place them on a dish, and have a tartar sauce ready to serve with them. MRS. MAMIE FRYE.

BROILED EELS.

Skin and clean a good-sized eel; remove the backbone and cut the eel into five or six pieces. Dip each piece into egg and then into bread-crumbs which have been salted and peppered. Put on a greased gridiron with the skin downward, over a clear fire, and broil, turning over when done on one side. Put on a hot dish, garnish with parsley and serve with tartar sauce. E. H. Dougherty.

STEWED EELS.

This is a favorite dish with many. Clean and skin three pounds of eels, and remove every vestige of fat from the inside. Chop an onion fine, four tablespoons of butter, season to taste, and chopped parsley. Cut the eels in pieces, about two inches in length; season, and lay in sauce-pan containing the melted butter. Strew the onion and parsley over all, cover the saucepan closely, and set in a pot of cold water. Bring this gradually to a boil, then cook very gently for an hour and a half, or until they are tender. Turn out into a deep dish. Mary Floyd.

PICKED CODFISH.

This is an old-fashioned dish and name, but with most persons a great favorite. Pick the fish in small particles, separating the fibers as near as possible, the finer the better. Freshen by leaving it in water one hour. Pour off the water and cover again with fresh. Bring it to a scald, pour it off and pour over the fish just enough milk to cover it. Add to a quart of the soaked fish butter the size of one-half of an egg, a very little flour and a dust of pepper. Beat up two eggs, and after taking off the fish thicken it by stirring in the egg. Some let it boil after the egg is added, but if this is done the egg will curdle. Another way is to boil eggs, chop and mix them in the gravy. Louise Harris.

BAKED CODFISH AND POTATOES.

Mix two cupfuls mashed potatoes, one cupful shredded codfish, two eggs, butter (size of a walnut), one pint of milk, pepper to taste. Bake until set (about fifteen minutes). Miss Cheesbrough.

FISH CUTLETS.

Season with salt and pepper one pint of any kind of cold cooked fish; make a little thick cream sauce of milk, butter and flour, and when cold form it with the fish into shapes of cutlets. Put the cutlets first into cracker crumbs, then into egg and again into crumbs. Fry in hot fat until brown. Susan I. Langley.

FISH STEAKS FRIED.

Cut the slices of fresh fish three-quarters of an inch thick, dredge with flour or corn-meal slightly salted or dip them in egg slightly salted and roll in crumbs; fry a light brown. Salmon or any other large fish can be fried this way. A. M. DICKERSON.

COD'S ROE.

Take cod's roe that has been smoked, shave it into small pieces, put it in a saucepan with butter and a little pepper. Stir well over the fire and pour it on pieces of toast cut diamond-shaped. MRS. G. S.

CREAMED FRESH CODFISH.

Take a piece of boiled fresh cod, remove the skin and bones, and pick into flakes; put these into a stew-pan with a little butter, pepper, and salt. Put on the fire, and when the contents of the pan are quite hot add a pint of cream and milk; thicken a trifle and all is ready to serve.

T. R. RICH.

CREAMED CODFISH.

Pick (not shred) one cupful of codfish; place in a spider and fill and cover with cold water. Stir a moment over the fire and drain off the water. Stand on the stove, cover the fish with one and one-half pints of milk and a large tablespoonful of butter. Stir into a cup of cold cream two heaping tablespoonfuls of flour and when the milk on the stove is about to boil mix this with it. When the mixture has thickened stand where it will boil no longer and stir into it one egg. Serve at once.

MRS. A. M. WOODS.

CREAMED FINNAN HADDIE.

Remove the skin and bones from a small salted finnan haddie previously boiled, and pick into flakes with a fork. Place in a saucepan one tablespoon of butter and a tablespoon of flour, add one and one-half cups of milk, cook a few moments; season with pepper; thicken with flour and butter creamed; serve on a hot platter garnished with toast.

AMY BROWN.
R. A. HILLIER.

DELICIOUS FISH CHOWDER.

Two pounds of fresh white fish, a quarter of a pound of bacon, five small potatoes, one small onion, six tomatoes, one quart of milk, butter the size of a small hen's egg and a teaspoon of flour. Pick the fish to pieces. Remove bone and skin; cut potatoes into dice; the bacon in

small pieces; rub the butter and flour to a cream. Spread in a granite kettle half of the potatoes, then half of the fish, then sprinkle in the minced onions, then the bacon, then half the tomatoes. Then a shake of salt and pepper; add the rest of the fish, tomatoes, potatoes, and more salt and pepper, using in all one teaspoon of salt and one-fourth teaspoon of pepper. Cover with water, let simmer for half an hour. Scald the milk, put a pinch of soda into the chowder and stir; add the hot milk to the butter and flour; stir smooth; then add to the chowder. Serve very hot. Excellent. MIRA A. MILLER.

BOSTON FISH CHOWDER.

Take a large fish, as cod, haddock or halibut and cut in slices, after having scaled and cleaned it. Then cut some slices of raw salt pork (pickled) and place them in the bottom of your iron kettle. When partly tried out, put on top of the pork a layer of fish, then a layer of onions, and one of potatoes, both sliced quite thin. Add to each layer a little salt and pepper. Add very hard crackers (pilot bread is nicest) to the whole, placing them on the sides and top, then add cold water to nearly cover them. After the water has commenced boiling, three-quarters of an hour is ample time to cook it. Be careful not to let it boil too long, or break the slices of fish, but preserve them as whole as possible.

MRS. LYDIA FLOYD.

FISH BALLS.

The remnants of any cold fish, cod, whitefish, turbot, etc., can be used, by breaking the fish to pieces with a fork, removing all the bones and skin, and shredding very fine. Add an equal quantity of mashed potatoes, make into a stiff batter with a piece of butter and some milk, and a beaten egg. Flour your hands and shape the mixture into balls. Fry in boiling lard or drippings, to a light brown.

MRS. G. T. BALDWIN.

FISH FRITTERS.

The remains of any cold fish can be used here, and the same bulk of mashed potatoes as the fish. Pick the fish from the bones and skin, and pound it in a mortar with one onion, season with pepper and salt, then mix well with it the mashed potatoes, and bind together with a well-beaten egg. Flatten the mixture out upon a dish or pastry board, cut into small rounds or squares and fry in boiling lard to a light brown. Pile it in a napkin on a very hot dish, garnish with parsley and serve with any kind of fish sauce. MRS. CHARLOTTE AIKEN.

FISH CAKES.

Save the fish left from dinner and use while warm. Remove the skin and bones, and mix with mashed potatoes. Add pepper, salt, chopped parsley, and an ounce of butter. Moisten with an egg into a paste, and roll into balls; then flatten and dip into egg. Fry in butter or lard to a nice brown. E. PROTIS.

FISH CROQUETTES.

Mix over the fire a teaspoonful of flour, a tablespoon of butter, and half a gill of cream. Add, off the fire, the yolk of an egg, a little seasoning, and half a pound of cold dressed fish beaten to a paste. Let the mixture cool, and form it into balls, let these be egged and breaded. Fry to a nice brown in hot fat, and serve with gravy, made by boiling down the bones, fins, and tails with an onion. Add an anchovy and season to taste. LURA EARL.

FISH CROQUETTES—No. 2.

Take remnants of boiled cod, salmon or turbot, and pick the flesh out carefully. Mince it moderately fine. Stir a piece of butter, a small spoon of flour and some milk over the fire till they thicken. Then add pepper, salt, and a little grated nutmeg, together with finely-chopped parsley, and then the minced fish. When very hot remove from the fire, turn on a dish to get cold, then shape, and finish the croquettes.

ADELAIDE MUNSON.

PANADA FOR FISH.

Put one ounce of butter, and rather less than two gills of water into a saucepan, boil them together, and add, by degrees, a quarter of a pound of flour; stir until the mixture is smooth, but do not let it burn. When off the fire, mix with it the yolks of three well-beaten eggs. When cold, ready for use. It is excellent in making forcemeat. J. E. PLACE.

HALIBUT TIMBALE.

Take a pound of the raw fish, and cut it in small pieces afterward pounding it in a mortar and straining it through a sieve. Make a paste of a cup of bread-crumbs and half a cup of milk. Take off the fire, add the pulped fish, one-half a teaspoon of salt, and a dash of paprica. Beat in slowly the whipped whites of five eggs. Fill molds, after buttering, with the mixture, and set them in a pan of hot water in the oven for twenty minutes. Serve with tomato sauce. MRS. C. WHITING.

COD SOUNDS AND TONGUES.

Soak, scrape, and boil, as many cod sounds as required. Drain them, and put them into a stew-pan with sufficient white stock to cover them; season the sauce with salt, pepper, and powdered mace, thicken it with a lump of butter rolled in flour, and, just before serving it, squeeze in the juice of a lemon. Serve with egg sauce. MRS. FRANCES CURRY.

FISH CAKES—No. 2.

Four medium-sized potatoes, one and one-third cups of shredded codfish, one and one-half tablespoonfuls Ko-nut, one egg; sprinkle pepper. Pare, quarter and boil the potatoes. Measure the fish and soak in cold water ten minutes to draw out the salt and press it in a fine strainer. When the potatoes are soft, add the fish, and stir the mixture over the fire to dry it. Add the seasoning, butter and beaten egg, and mash all together. Roll into round cakes and fry in deep hot Ko-nut. Drain them on clean brown paper and serve hot. C. A. S.

BAKED FISH WITH OYSTER DRESSING.

Take fine fish, soak in salt water ten minutes; season with salt and pepper slightly and fill with as much of the following dressing as possible; tie with string; roast, basting often.

Dressing.—Pint of oysters, one-half teacupful of coarse rolled crackers, one-half cup of sweet milk, one-half teaspoonful of salt, one-fourth teaspoonful black pepper, a pinch of cayenne, one-fourth teaspoonful celery salt, tiny pieces of butter; mix very carefully; spread dressing on top also. Delicious. MRS. T. SPOFFORD.

CODFISH FRITTERS.

One-half pound of codfish, four medium potatoes, two eggs; boil fish and potatoes together till potatoes are cooked; mash together and beat very lightly; add the eggs well beaten and fry brown on a griddle like pancakes. Slice the potatoes and prepare the fish in small pieces before boiling. LOUISE DEWEY.

FINNAN HADDIE À LA DELMONICO.

Half pound finnan haddie, one cup cream, one hard-boiled egg, yolk of one raw egg, one cup of grated cheese; pick-up fish with silver fork, pour boiling water over it; let stand a few minutes; drain; braize it in butter; add the cream, then the hard-boiled eggs cut in small squares, the cheese and raw egg, also; pepper, thicken with flour and let cook seven or eight minutes. Serve on small pieces of toast. Delicious in chafing dish. MRS R. HOHAM.

SALMON MOLD.

Large can of salmon rubbed fine, four eggs, yolks and whites beaten separately until light, one-half cup of bread-crumbs, two tablespoonfuls melted butter; salt and pepper to taste; beat the crumbs into the eggs; rub the butter into the salmon; put together in a well-buttered bowl; steam one hour. Serve with drawn butter sauce. MRS. R. ELLIOTT.

FISH TURBOT—No. 2.

Cook whitefish tender, remove bones, mince fine, add a little chopped celery, sprinkle with salt and pepper. For the dressing heat one pint of milk, thicken with flour; when cool add two well-beaten eggs and one-fourth of a pound of butter; put in baking dish a layer of fish, then layer of sauce, until the dish is full; cover the top with cracker crumbs and bake one hour. MINERVA VAN ALLEN.

DELICIOUS LENTEN DISH.

Parboil a whitefish and pick apart. Make a sauce of one pint of milk, two eggs, a heaping tablespoonful of corn-starch, two tablespoonfuls of butter, a level teaspoonful of salt and a little pepper. Butter a baking-dish, put in a layer of fish, pour over some of the sauce, grate a trifle of nutmeg on this, and so proceed until fish and sauce are used up. Cover top layer with fine bread-crumbs, a little nutmeg, and bake a golden brown. MRS. L. TIBBITTS.

SCALLOPED HERRING.

Soak five salt herrings over night. Divide; remove all skin and bones; cut into inch squares. Have ready a dozen of good-sized cold potatoes, alternate layers of sliced potatoes and fish, adding bit of butter and good sprinkling of pepper to each layer of fish, beginning and ending with potatoes. Cover with a sauce made of three cupfuls of milk and three beaten eggs. Lastly adding one-half of a cupful of fine bread-crumbs mixed with one teaspoonful of drawn butter. Bake about forty minutes. Serve hot. J. J. M.

SHAD ROE—FRIED.

The roes of shad can be served with the fish or alone. Before boiling the shad place the roes in a spider of hot fat. Season with pepper and salt, and cook well. They should be crisp and brown on the outside. Serve on a platter. LILLIE.

SALT WHITEFISH WITH CREAM SAUCE.

There are many delightful ways of cooking salt fish—one of the best is to soak over night in cold water; drain and put in spider, pour over cream and milk, half and half. Add butter and speck of pepper; let come to a boil and thicken. Fine served for breakfast with baked potatoes.

L. M.

SALT MACKEREL—BROILED.

Soak over night in cold water. Drain thoroughly, wipe dry and put on gridiron in hot oven; heat through, then place over hot coals and broil. Pour over melted butter, sprinkle on a little pepper, and serve hot. Smoked finnan-haddie is fine cooked the same way. Miss R. A. T.

HOW TO CURE AND SMOKE FISH.

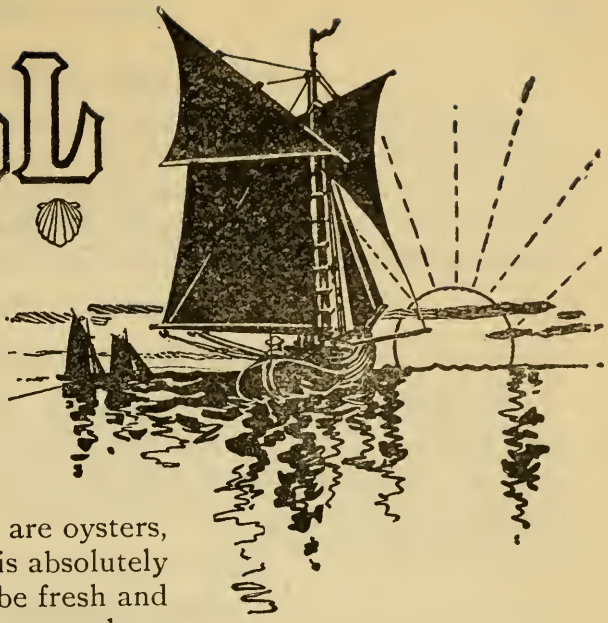
Scale, slit the fish up the back and clean. Wipe with a damp cloth but do not wash. To twenty pounds of fish allow one pint of salt, one pint of brown sugar and one ounce of salt-peter. Mix well together and rub the fish well inside and out with this mixture. Put one fish over the other with a board on top, and on this place heavy weights to press them down. Allow them to remain so for sixty hours, then drain, wipe dry, stretch open and fasten with small pieces of stick. Smoke them for five days in a smokehouse or in a barrel over a smothered wood fire.

Mrs. L. B. M.

FISH SAUCES, GRAVIES, ETC.

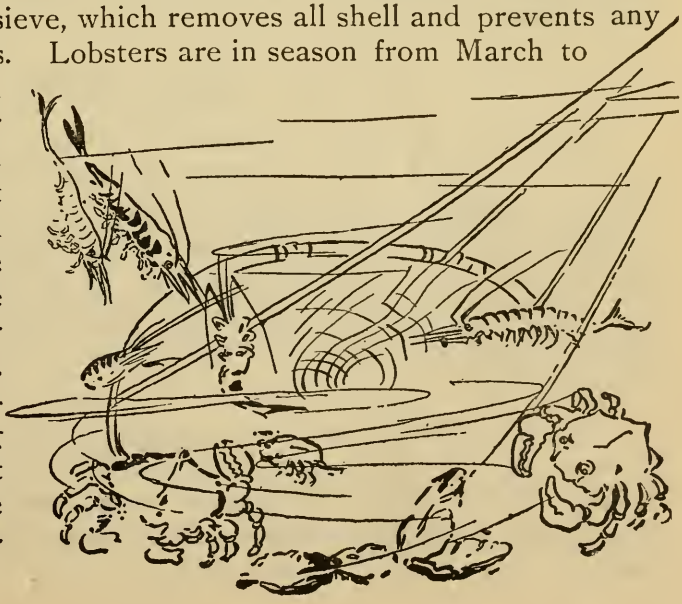
See department entitled "Meat and Fish Sauces and Garnishings."

SHELL FISH



HOW TO COOK THEM.

THE principal shell fish used are oysters, lobsters and mussels. It is absolutely imperative that oysters should be fresh and the best way to insure this, is to purchase them when possible in the shell and open them as you use them. Oysters are among the most edible of their species, and when fresh, are delicious articles of food, besides being held by some medical men as nutritious for delicate and consumptive persons. There is an old maxim that they are to be used only during the months which contain the letter "r." Wash each oyster when eaten raw, by dipping it into cold water. The juice should go through a fine sieve, which removes all shell and prevents any being found in the dishes. Lobsters are in season from March to November. They are eaten at other seasons but their meat is light and stringy. If used at other seasons it is best to get the canned lobster. Lobsters must be boiled alive else they are unwholesome. The larger they are the older they are. Mussels are not so generally liked, although growing in favor. They, too, must be eaten only during the months containing the letter "r."



PHILADELPHIA BROILED OYSTERS.

Take large oysters and strain through a colander, put juice on fire until it comes to a boil, then skim; melt some butter and brown it, then thicken with flour and brown together, then add the juice with a little water, to make sufficient gravy to soak the toast; wipe the oysters dry and broil on a broiler; mix with gravy and spread over the toast.

Mrs. L. Brown.

MOTHER'S RECIPE FOR FRYING OYSTERS.

Put plenty of butter in a frying-pan and let it get real hot before you begin frying. Beat up well as many eggs as you judge you will need; dip the oysters therein, one by one, then roll them very lightly in cracker crumbs, then drop them in the hot butter. They will brown nicely before the oysters cook too much. Letitia Buzley.

FRIED OYSTERS—No. 2.

Select fine, large oysters, dry them out of their own liquor. Have ready a plate of eggs and a plate of bread-crumbs. Lay them in the egg a few minutes, and then roll them in the bread-crumbs, allowing them to remain in these also, for a minute or two; this will make them adhere, and not come off as a skin, when in the pan. Fry in half butter and half lard, in order to give them a rich brown. Make it very hot before putting the oysters in. Mrs. R. Hathaway.

OYSTER PATTIES.

Roll out puff paste a quarter of an inch thick, cut it into squares, cover ten patty pans, and put on each a crust of bread the size of a walnut. Roll out another layer of paste the same thickness, cut as above, wet edge of the bottom paste and put on top; pare them, so the edges will be even, notch them with the back of the knife, rub them lightly with the yolk of an egg, and bake them in a hot oven about a quarter of an hour. When done slice very thin off the top, remove the bread and the inside paste.

Filling.—Parboil two dozen oysters in their own liquor, after boiling it down to half, cut the oysters in halves, put them in a pan with an ounce of butter rolled in flour, half a gill of cream and a little salt. Stir this mixture over the fire five minutes, fill the patties, put the cover on, and serve hot. Mrs. George Bonham.

FILLING FOR OYSTER PATTIES—No. 2.

Mix well together two tablespoons of butter, two tablespoons of flour, then pour half a pint of oyster liquor and one-half a pint of cream into the butter and flour. Beat and add the yolks of two eggs. Warm the oysters in their own liquor, and add them to the mixture just before they are to be used in the patties. MRS. L. CLEVELAND.

STEAMED OYSTERS.

Wash the oyster shells thoroughly with a brush, place them side by side in a steamer, close it well and put over a large pot of boiling water. The deep shell must be undermost in order that no juice may be wasted. As soon as the shells open, the oysters are done and should be served at once with pepper, salt, butter, and a thin slice of lemon with each oyster.
MRS. A. ANDERSON.

ROAST OYSTERS IN THE SHELL.

Prepare the oysters as for steaming, then roast them over a clear fire with the large shell down. Two minutes after the shells open, the oysters are done. Take up quickly and serve in the shells on a hot platter, with pepper, salt and butter to suit the individual taste.
F. H. N.

OYSTER CROQUETTES.

Half a pint raw oysters, half a pint of cooked veal, one heaping tablespoonful of butter, three tablespoonfuls of cracker crumbs, the yolks of two eggs. Chop the oysters and veal very fine. Soak the crackers in oyster liquor, and then mix all the ingredients, and shape. Dip in egg and roll in cracker crumbs, and fry as usual. The butter should be softened before mixing. F. E. P.

OYSTER CHOWDER.

Take one cupful of chopped fresh celery, one cup of milk, two tablespoons of butter, two tablespoons of flour, one salt-spoon of salt and the fleshy part of two and one-half dozen oysters cut in small pieces. Make a white sauce by cooking the flour and butter together and adding the milk gradually; then add the oysters, salt and cook five minutes; just before serving add the celery. Serve on thin slices of toast. W. T. M.

OYSTER ROLLS.

Very thin slices of bacon are required, with the rind cut off. Pour two drops of essence of anchovy on each oyster, four drops of lemon, a very little cayenne pepper, and roll each oyster in a slice of bacon.

When you have rolled enough, skewer them and fry them. Then, when done, take each roll separately and place it on a fired crouton. These rolls must be eaten very hot. MRS. CARRIE OLIVER.

SCALLOPED OYSTERS.

Take a dish, put a layer of the oysters as free from their liquor as they can be made, and a layer of rolled crackers; another layer of oysters, another of crackers, until the dish is full. Add a little salt and pepper and pieces of butter between each layer, and moisten with cream. Bake about fifteen minutes. MRS. CLARISSA MCB.

OYSTER PANCAKES.

Chop one pint of oysters—canned ones do very well—and add enough milk to the liquor to make a pint, using a little cream. Make a batter by stirring it into a scant pint of flour, adding a pinch of salt and two eggs very well beaten. If half a teaspoonful of baking powder is sifted with the flour, you are sure to have pancakes light, but some cooks prefer to depend on the eggs. When the batter is perfectly smooth beat in the oysters and bake on a griddle, like any pancakes. Try one, and if too substantial add a little more milk. If you like them richer, add a tablespoonful of melted butter. Serve with toasted crackers.

A HOUSEWIFE.

BALTIMORE FRENCH OYSTERS.

Heat a piece of butter the size of a walnut in a stew-pan till it is quite brown. Drain the oysters from their liquor, adding to the butter. Salt and pepper to taste, and cook till they curl up round the edges.

IVY.

BROILED OYSTERS.

Take a dozen large oysters, roll lightly in bread-crumbs, place them on a fine wire oyster broiler, baste with butter, and brown lightly over a very hot fire, season thoroughly, and serve on toast with celery sauce.

MRS. HULDAH JENKS.

OYSTERS CURRIED.

Take two dozen oysters, one onion, one tablespoonful of curry-powder, one dessert-spoonful of flour, two ounces of butter and the juice of a lemon. Chop the onion up quite fine, mix the curry-powder, flour, and butter together, and put all into a stew-pan, simmering till a nice brown, stirring all the time; add the liquor of the oysters and the lemon-juice, and boil for five minutes. Put in oysters, boil up once, and serve with a dish of boiled rice. HARRIET WINTERS.

CREAMED OYSTERS ON TOAST.

Take one dozen select oysters and wash them until perfectly free from pieces of shell, put them in a saucepan, strain the liquor, pour it over, place the pan at the side of the fire and let it simmer gently for a few minutes until the oysters plump up. Remove the oysters with a skimmer and put them on a warm dish in the oven; add to the liquor one teacupful of cream and salt and pepper to taste. Place the pan on the fire; when the liquor boils add two tablespoonfuls of butter into which has been stirred one teaspoonful of flour. When creamy put in the oysters and remove the pan from the fire. Have ready some pieces toasted bread nicely buttered; put the oysters on them, pour over the cream and serve very hot.

MARION WITTE.

CREAMED OYSTERS—No. 2.

Beard one pint fresh oysters, boil them in their own liquor until plump, drain, and pour over them this sauce: To one-half tablespoon of butter, melted, add one large tablespoon flour; cook a few minutes, then stir in slowly one cup of hot cream or milk; season with pepper, salt and one-half teaspoon celery salt. Pour over hot buttered toast.

MRS. C. I. BROWN.

OYSTERS.

(Italian Style.)

Drain the liquor from the oysters, spread a dish with butter, lay the oysters on it, strew finely-minced parsley over, season with salt and pepper and sprinkle with grated Parmesan cheese. Put the dish into the oven, and when nicely brown serve with hot wafers.

MRS. FRANK E. PHILLIPS.

OYSTER STEW.

(Milk or Cream.)

Drain the liquor from two quarts of oysters; mix with the liquor a small teacupful of hot water, add a little salt and pepper and set it over the fire in a saucepan. Let it boil up, then skim; wash the oysters, put them in the hot liquor, let them come to a boil, and when they "ruffle" add one tablespoonful of butter. The instant it is melted and well-stirred in, put in a pint of boiling milk and take the saucepan from the fire. Serve hot with oyster crackers. MRS. E. C. KELLOG.

OYSTER STEW.

(Plain.)

Same as above, using only oyster liquor and more water instead of milk or cream. H. F. L.

OYSTER SOUP.

See "Meat Soups" Part I.

BOSTON OYSTER PIE.

Butter the inside of a pudding dish, line it with pie crust, set into the oven and bake; when done fill with the following filling. Pick off all shell that may be found in three pints of oysters; put them into a stew-pan with barely enough of the liquor to keep them from burning; season with salt, pepper and butter; add a little sweet cream or milk, and one or two crackers rolled fine; simmer, but *not boil*, as that will shrivel them. Have ready an upper crust the proper size and baked. Pour filling in pie, place on upper crust and serve hot. A. L. C.

MOCK OYSTERS.

Grate one-half dozen ears of corn with a coarse grater, beat the whites and yolks of three eggs, add them to the corn, with one tablespoonful of wheat flour, one of butter, a teaspoonful of salt, and pepper to taste; stir well and drop spoonfuls of this batter into a frying pan with hot butter and lard mixed, or Ko-nut, and fry a light brown on both sides. Canned corn may be used instead, if desired. E. E. A.

STEWED TERRAPIN.

(Maryland Style.)

NOTE.—Terrapin are much esteemed, and those which command the highest price come from the Chesapeake Bay region. They are also found in most of the seas of warm climates. The kind most in demand is the "diamond-back," or salt-water terrapin, and is never found far from the seacoast. Rarely does their length exceed ten inches, and their weight about eight pounds. The female is the largest, and its flesh most prized. When they are large they are called "counts." They feed on both animal and vegetable food.

The ordinary way of killing them is to plunge them into boiling water, head first, and boil them fifteen minutes. We cannot wonder that vegetarians revolt against the cruelties practiced toward the animals that furnish us with food.

Cut up one terrapin, put in a saucepan with a glass of Madeira, a little salt, and pepper, and one ounce of butter. Beat a teacup of cream with yolks of two eggs, hard boiled, and put it in with the terrapin moving it around in the pan, but not letting it boil. Use a soup turpeen to hold it when done. MRS. CLAUDE MOREY.

TERRAPIN STEAK.

Take a terrapin, cut steaks from it, and sprinkle them with salt and pepper. Put a few lumps of butter on them and broil on a gridiron. Serve the steak very hot. MRS. W. H. PALMER.

DIAMOND-BACK OR SALT-WATER TERRAPIN.

The diamond-back turtle is highly prized for food. Select a thick, fat terrapin, and plunge it head first into a kettle of boiling water. Throw in some salt, put the cover on, and let cook for fifteen minutes. Take out, remove the black skin from the shell, and the nails from the claws. Wash the terrapin thoroughly in warm water, and remove the shells. Take out the dark green gall bladder, which is about the size of a cherry, the sand bag, entrail and remove the head. Preserve the eggs, if there be any. All the pieces of meat, together with the fat and legs, should be kept in water until wanted for use. W. J. P.

STEWED TERRAPIN WITH CREAM.

Take some of the flesh prepared as above, cut in little pieces, and put over the fire in a stew-pan, together with a seasoning of pepper and salt, and a small piece of butter. Let stew for a short time, add one cup of hot water and an extra piece of butter; stew for ten minutes, then add two cups of rich milk and let it stew for another five minutes; then remove the pan to the side of the fire, and stir in a little thickening. Cover the pan and let stand for five minutes. Pour the terrapins, sauce and all, over hot tea-biscuits or buttered toast. E. J. C.

BOILED LOBSTER.

Take a live lobster, wash thoroughly and put into a kettle of boiling water, slightly salted, having first cleaned and tied the claws together. Keep the water boiling for half an hour. When done take out, lay on its claws to drain, and wipe dry. Rub the shell with a little salad-oil, which will give it a clear red color. Do not boil a lobster too long or the meat will be stringy. The Germans put a handful of caraway seeds into the salt and water. If not sufficiently boiled, the spawn will not be brightly colored. S. F. E.

LOBSTER.

(Newport Style.)

Split two cooked lobsters in half, remove all the meat, and divide the shells into eight parts Cut the meat fine, crack the claws, taking care not to destroy their shape, pick out the meat. Melt two tablespoonfuls

of butter, add one heaping tablespoonful of flour, stir and cook two minutes; add one and one-half cupfuls of milk, stir and cook to a thick, smooth sauce; season with one teaspoonful of salt, one-quarter of a teaspoonful of pepper; mix the yolks of two eggs with one-half a gill of cream, add them to the sauce, cook a few minutes, next add the lobster and one teaspoonful parsley chopped fine, stir two minutes over the fire. Fill this preparation in the lobster shells, sprinkle one teaspoonful grated bread-crumbs over each one and a few drops of melted butter. Place the shells in a shallow pan and bake ten minutes in a hot oven.

How to Arrange.—Cut a piece of bread oblong and toast, fasten this in the center of an oblong dish, and cover with parsley butter (butter mixed with parsley chopped fine), fasten the lobster claws with small skewers in the center on top of the bread, dress the lobster around, it garnish with small sprigs of parsley, and serve. Mrs. L. A. B.

SAUCE FOR LOBSTER.

Mix a salt-spoonful of raw mustard and a small pinch of salt and pepper smoothly with a dessert-spoonful of cold water; add gradually one-quarter of a pint of best vinegar. Stir gently over the fire until the vinegar is hot, then put in two ounces of fresh butter, and serve.

D. R. L.

CREAMED LOBSTER.

One pint milk, one lobster, four teaspoonfuls of butter, one-half teaspoonful salt, two tablespoonfuls of flour and a dash of cayenne pepper. Cut lobster in small dice, boil the milk, add the butter and flour and when smooth add lobster and seasoning; simmer ten minutes. Serve on toast.

Fifth Avenue Hotel.

LOBSTER À LA ATLANTIC CITY.

One lobster, one quart of milk, six crackers, split and buttered; one teaspoonful of salt, a dash of cayenne pepper, two tablespoonfuls of butter rolled in one of flour. Scald milk, stir in seasoning, add butter and flour; cook three minutes, add lobster. Simmer five minutes. Line a tureen with crackers; serve with sliced lemon. Chef.

LOBSTER STEW.

Cut a lobster into small squares, cook slowly in fresh butter, adding a cup of cream sauce. Pour in some Worcestershire sauce, and a little curry-powder. Salt and pepper and serve on slices of thin, crisp, buttered toast. Mrs. P. J. Simmons.

LOBSTER PATTIES.

One tablespoonful of lobster meat cut into dice, six mushrooms, one truffle, one tablespoonful of butter, one teaspoonful of flour, one-half cupful of cream, salt, cayenne. Put a tablespoonful of butter into a saucepan and when melted add one level tablespoonful of flour; cook, but not brown; add slowly the stock and stir until perfectly smooth; then add the cream; after it begins to thicken add the lobster meat, the chopped truffle and mushrooms. Season highly. Let simmer for five minutes. This must be creamy, but not too soft. Have ready rich puff pattie shells; fill and serve at once. A. R. A.

LOBSTER CROQUETTES.

Cut one-half of a boiled lobster into small pieces; put one tablespoon of butter into a stew-pan and when hot sprinkle in one tablespoon of flour and cook; pour in a cup of boiling cream, let it boil, and add lobster; stir until scalding hot, then take from the fire, and when slightly cooled stir in three beaten eggs; salt and pepper to taste; return to the fire and stir; let boil long enough to set the eggs; butter a dish and spread the lobster; when cold form into pyramids; dip into bread-crumbs and fry Serve hot. A. M. B.

LOBSTER FARCIE.

Remove the lobster from the shell, and cut the fish into small pieces. Stir in the meat a thick cream sauce. Season with salt, red pepper, Worcestershire sauce, and a small quantity of onion juice. Put into shells again, sprinkle thickly with bread-crumbs, and brown in the oven very slowly. A. M. D.

LOBSTER SAUSAGES.

Pick the flesh from a medium-sized freshly-boiled lobster. Mince fine and pound it in a mortar with two ounces of fresh butter, a little salt, cayenne, and pounded mace, and half of the coral, which has been pounded separately, and pressed through a hair sieve with the back of a spoon. Shape the mixture into rolls like sausages, sprinkle the rest of the coral over them, and place them in oven with a moderate fire until they are quite hot. Serve them on a folded napkin, and garnish with lettuce leaves. Mrs. Clara Bristow.

COLD LOBSTER.

Take off the large claws and crack the shell lightly, without disfiguring the fish. Split open the tail with a sharp knife, and dish the fish on a folded napkin, with the head in an upright position in the center, and the

tail and claws arranged neatly round it. Garnish with parsley. Salt, cayenne, mustard, salad-oil, and vinegar should be eaten with it.

Mrs. H. Brown.

BOILED MUSSELS.

Brush the shells and wash the mussels in several waters, so they will be free from grit. Put them into a deep saucepan (without water) and sprinkle a little salt over them. Spread a napkin over them in the saucepan, put the lid on, and scald them over a sharp fire. Shake them about briskly, to keep them from burning. When the shells open, take the saucepan off the fire, strain the liquor into a bowl, and take out the fish. *Very carefully* remove the little piece of weed which is found under the black tongue and throw it away. If the mussels are left too long on the fire they will become leathery Mrs. Croly.

BROILED SOFT-SHELL CRABS.

Thoroughly clean the desired number of soft-shelled crabs, dip them into melted butter and season with pepper and salt. Then put them on the gridiron and broil until the shells are slightly brown. When done serve with melted butter. Garnish the plate with lemons cut into quarters.

J. M. P.

FRIED SOFT-SHELL CRABS.

Have ready a dish of rolled cracker mixed with a little salt and pepper, and on the stove a granite pan half full of hot fat; beat an egg, roll the crabs in the crumbs and dip in the egg, then roll again in the crumbs and drop into the smoking fat. When done take out with a skimmer, lay on brown paper to free them from grease and serve hot.

Mrs. J. M. B.

CRAB CROQUETTES.

Take a pint of fresh crab meat, chop very fine, add one-half pint of bread-crumbs, season with salt and pepper and mix thoroughly. Roll one dozen fresh oysters in this preparation, dip them in light egg batter and also in the crumbs again. Place some fresh butter in a very hot pan and fry slowly. Mrs. Hattie Bostwick.

POTTED CRAB.

Pick the meat from the shell and claws of a freshly-boiled crab. Pound it in a mortar with salt, cayenne, and pounded mace. Press it into small jars, cover it with butter, and bake it in a moderate oven for half an hour. When cold, pour freshly-clarified butter over it. Set it aside until the butter becomes cold. G.R.B.

DEVILED CRABS.

Boil the crab and extract the meat therefrom, season with cayenne pepper, mustard, salt and such table sauce as you may prefer; put into a covered saucepan with hot water sufficient to keep from burning; add cracker dust moistened with a tablespoonful of cream together with a quantity of butter. Serve in the back shell, putting a sprig of parsley with each. H. J. F.

CRAB FARCIE.

Take all the meat from the shells, and weigh with bread-crumbs, allowing a pound of the meat to a pound and one-quarter of the crumbs. The crumbs must cover the meat. Put pieces of butter over the whole, and bake in the oven ten minutes. Serve with lemon and parsley, chopped. Mrs. Felice LaMonte.

SCALLOPS.

This fish much resembles an oyster, though it is larger, and tastes like a crab. Dry them after washing, and trimming away the beard and black parts, then roll in cracker dust, afterward in egg and crumbs, and drop them into boiling fat for a minute, so they will take on a light brown. The crumbs must have salt and pepper mixed with them.

Mrs. Callahan.

LITTLE-NECK CLAMS SERVED RAW.

Wash the required number of clams in water and scrub well with a brush. Wipe and dry them. Now open and cut them from their shells. Place five or six on a plate on the half shells on top of cracked ice. Put half a lemon in the center of the plate. Serve with crackers and a small dish of finely-chopped cabbage with fresh dressing. W. O. T.

STEAMED CLAMS.

(New England Style.)

Scrub the required number of clams; place when clean in a saucepan over the fire without any water and heat until the shells open. Take out the clams and pour the liquor into a jar to settle. Remove the clams from their shells, pulling off the thin skin round the edge, and cutting off the black end with a pair of scissors. When the water has settled pour it into a saucepan, add the clams and heat but do not boil. Take out the clams and serve on brown bread. H. T. P.

FOR CLAM BAKE

See Chapter "Camping Out."

ROASTED CLAMS.

Wash them and lay them on a gridiron over the hot coals. As soon as the shells open take off the top shell and place a little butter and pepper on them. Oysters may be done in the same way. MRS. FINN.

CLAMS ON TOAST.

Chop fine two dozen clams, melt two tablespoonfuls of butter and add two tablespoonfuls of flour, then add the clams with one-half a pint of their juice; season well and let simmer fifteen minutes. Just before serving add a cup of cream and let come to a boil. Serve hot on toast.

MRS. C. I. HEWITT.

CLAM FRITTERS.

Take twelve large, or twenty-five small clams from their shells; if the clams are large divide them. Mix two gills of flour, one gill of milk, half as much of the clam liquor, and one egg well beaten. Make the batter smooth, and then stir in the clams. Drop the batter by tablespoonfuls in boiling lard; let them fry gently, turning them when done on one side.

F. C. R.

SHRIMPS.

Have half a pint of shelled shrimps. Then make a thick sauce: a heaped teaspoonful of flour, half an ounce of butter and a gill of milk. Flavor it with a little mace, pepper and salt. Stir in the shrimps. When well heated pour the whole out onto a hot dish, trim the dish round with cold boiled rice, and serve. MRS. ANNIE RUST.

SHRIMPS CREAMED.

Heat two tablespoonfuls of butter and half a grated onion. When hot, stir in half a cup of cold boiled rice; add a cup of cream and half a pint of canned or fresh shrimps. Stir until it comes to the boiling point, then simmer about five minutes. Serve on toast. EASTMAN HOTEL.

CREAMED SHRIMPS ON TOAST.

Wash and drain one can of shrimps or wash the same amount of fresh-gathered ones and remove shell. Put in a saucepan two tablespoonfuls of butter; when it melts add the same quantity of flour and rub smooth, but do not brown. Pour on this a quart of milk and bring to a boil. Season with pepper, add the shrimps and let the mixture stand on the back of the stove until it is heated through, then pour over toasted bread. MRS. N. K. B.

MACARONI AND OYSTERS.

Break a pint of macaroni into inch pieces. Put in a saucepan and cover with boiling water. Keep at the boiling point for one-half an hour. Have ready one pint of oysters, salt, pepper and one-half of a cupful of cream. Drain the macaroni, put a layer in buttered baking dish, sprinkle over a little salt and pepper, little dots of butter and a little cream; then a layer of the oysters and another of the macaroni with more salt, pepper and butter. Sprinkle cracker crumbs over the top, add bits of butter and a little more cream if necessary. Put a cover over the dish and bake till nearly done; then remove cover and continue baking till a delicate brown.

MRS. EMILY B.

OYSTER TOAST.

Boil one cupful of oyster liquor with one-half of a cupful of milk and cream mixed, one tablespoonful of butter, one-fourth of a teaspoonful of salt, a pinch of pepper; pour it over some toasted bread and set it in the oven five minutes, then lay broiled oysters on the slices and serve hot.

D. B.

OYSTER RAREBIT.

Clean and remove the hard muscle from one-half or a pint of oysters, parboil them in their own liquor until their edges curl, then remove to a hot bowl. Put one tablespoonful of butter and one-half of a pound of grated cheese, one salt-spoonful of salt and a few grains of cayenne into a dish; while the butter is melting beat two eggs slightly and add to them the oyster liquor, mix this gradually into the melted cheese, add the oysters and turn at once over hot toast. L. MILLER.

CLAM CHOWDER.

One dozen and one-half of clams. Scrub shells and place in a kettle over the fire. Cover with one quart of boiling water. As soon as shells open remove from fire. Save the water. One-third of a pound of salt pork, chopped fine; four large potatoes sliced thin. Put pork in kettle. After frying till brown add strained water and the juice of the clams, the potatoes and three onions sliced thin. Simmer one and one-quarter hours; add a quart of milk, or water, if preferred, cook fifteen minutes longer; add clams and serve. JULIA THOMPSON.

BROILED FROGS' LEGS.

Lay two dozen frogs on their backs. Cut from the neck along the side of the belly and cut again across the middle of the belly. Take out

the entrails and cut away the head, leaving only the back and legs. Skin and chop off the feet, then wash thoroughly and blanch in scalding salted water. Lay on a dish and pour over a little olive oil seasoned with salt and pepper. Turn over several times in this seasoning and broil for three or four minutes on one side, then turn. Broil altogether about seven minutes, and serve with a *maître d'hôtel* sauce. MRS. T. F. KINNEY.

FRIED FROGS' LEGS.

Clean two dozen frogs' legs and dip them singly, first in a beaten egg then in cracker crumbs and plunge them singly into very hot fat and fry for five minutes. Drain, garnish with parsley and serve with *maître d'hôtel* sauce and Saratoga chips. W. O. C.

FRICASSEED FROGS' LEGS.

Clean two dozen frogs as above and put them in a granite saucepan with a little butter. Place on the fire and cook until the butter begins to brown, then pour over a teacupful of hot water, cover the pan and stew for twenty-five minutes; skim off most of the butter and add salt and pepper to taste. Thicken with the yolks of two eggs and two tablespoonfuls of cream. As soon as it begins to boil remove from the fire. Serve on hot buttered toast. G. M. J.

FROGS' LEGS STEWED.

A chopped or sliced onion, an ounce of butter, a small piece of raw ham cut up very small, half a green pepper, a sliced tomato, a teaspoon of rice, a cup of hot water and one of cream. Put two ounces of butter in saucepan, lay the frogs' quarters in this and fry gently. Then add the other ingredients, boiling till done. Take out of the pan, strain the gravy, mix it with the yolks of two eggs, beaten to a cream. Place the frogs' legs in a proper dish, pour over the gravy and send to the table.

C. E. P.

BY THE word game is meant all animals and birds which live in the woods and fields in a state of nature, which have never been domesticated and are proper to be eaten. There are many sorts of game—from the little quail, prairie chicken, and kindred birds, to the roe, deer and other hoof-footed species. The flesh of wild fowl has an aroma more marked than that of the tame ones.

HOW TO SELECT POULTRY.

Poultry may be served in many fashions, and is generally eaten with pleasure. In selecting it full-grown fowls have the best flavor, provided they are young. The age can be determined by turning the wing backward—if it yields, it is tender. The same is true if the skin on the leg is readily broken. Older poultry makes the best soup. In dressing poultry, chickens only should be scalded. All other fowl and game are best dry-picked. The intestines should be removed at once, but frequently in shipping they are left in and, hence, when removed, the fowl needs washing in several waters. The next to the last water should contain a half teaspoonful of baking soda, which sweetens and renders all more wholesome. The giblets are the gizzard, heart, liver and neck.

The best pan in which to bake all kinds of game and fowl is a double pan or one with a hinged cover. The latter has been put upon the market within a few years and contains a small aperture in the top which permits the steam and gas to escape when wished, but confines the aroma which is absorbed by the meat.

SAGE DRESSING.

A good sage dressing for geese or ducks is obtained by mixing one pint of stale bread-crumbs, two tablespoons of melted butter, one tablespoon of chopped parsley, one teaspoon of salt, two teaspoons of powdered sage, one teaspoon of powdered sweet marjoram, one-quarter of a teaspoon of black pepper. Mix all together, and moisten by adding the butter. This can be served on a separate dish, as a dressing for pork when roasted. MRS. JANE HART.

FORCEMENT BALLS.

These may be made by chopping one-quarter of a pound of beef suet, together with a little lemon peel, and some parsley. Mix with a bowl of bread-crumbs, flavored with pepper, salt and nutmeg. The yolks of two eggs will moisten it, when it must be rolled in flour, and made up into small balls and baked in a hot oven till crisp. These balls are fine to stuff fowls with. A little ham chopped or pounded makes them richer.

MRS. MARGARET ANDERSON.

STUFFING FOR GOOSE OR TAME DUCK.

Mash potatoes finely, season highly with minced onion, sage, salt and pepper. Never fill a fowl more than two-thirds. Apples can be substituted for the potatoes. G. W. P.

ROAST TURKEY WITH OYSTER DRESSING.

Dress the turkey carefully and rub thoroughly inside and out with salt and pepper. Stuff with a dressing prepared as follows: Take a loaf of stale bread, cut off crust and soften by placing in a pan, pouring on warm water, never boiling, squeezing out with the hand all the water, add one-half a pound of melted butter and a teaspoonful of salt and one-half a teaspoonful of pepper; drain off liquor from a quart of oysters, bring to a boil, skim and pour over the bread-crumbs; mix all thoroughly and if dry, moisten with a little sweet milk; lastly, add the oysters, being careful not to break them. Sew up the openings, spread the turkey over with butter, salt and pepper, place in a dripping-pan in a well-heated oven, add half a pint of hot water, and roast, basting often. Turn until nicely browned on all sides, and about one-half an hour before it is done, baste with butter and dredge with a little flour—this gives a frothy appearance.

When making the gravy if there is much fat in the pan, pour off most of it and add the chopped giblets previously boiled until tender, and the liquor in which they were cooked, place one heaping tablespoon of flour

in a pint bowl, mix smooth with a little cream; fill up bowl with rich milk, and add to the gravy in the pan; boil several minutes, stirring constantly and pour into the sauce-bowl. Serve with cranberry sauce. CHEF.

CHESTNUT DRESSING.

Shell a quart and one-half of chestnuts. Put them in hot water and boil until the skins are soft, then drain the water and remove the skins. Replace the chestnuts in water, and boil until soft. Take out a few at a time, and press through a colander while hot. Season the mashed chestnuts with two tablespoonfuls of butter, two teaspoonfuls of salt, and one-quarter of a teaspoonful of pepper. W. P. B.

PLAIN ROAST TURKEY.

Pluck the bird carefully and singe off the down with lighted paper; break the leg bone close to the foot, hang up the bird and draw out the strings from the thigh. Never cut the breast; make a small slit down the back of the neck and take out the crop that way, then cut the neck-bone close, and after the bird is stuffed the skin can be turned over the back and the crop will look full and round. Cut around the vent, making the opening as small as possible, and draw carefully, taking care that the gall bag and the intestine joining the gizzard are not broken. Open the gizzard, remove the contents and detach the liver from the gall bladder. The liver, gizzard and heart, if used in the gravy, will need to be boiled an hour and one-half, and chopped as fine as possible. Wash the turkey and wipe thoroughly dry, inside and out; then fill the inside with stuffing, and either sew the skin of the neck over the back or fasten it with a small skewer. Sew up the opening at the vent, then run a long skewer into the pinion and thigh through the body, passing it through the opposite pinion and thigh. Put a skewer in the small part of the leg, close on the outside and push it through. Pass a string over the points of the skewers and tie it securely at the back.

Dredge well with flour, and cover the breast with nicely-buttered white paper, place on a grating in the dripping-pan and put in the oven to roast. Baste every fifteen minutes—a few times with butter and water, and then with the gravy in the dripping-pan Do not have too hot an oven. A turkey weighing ten pounds will require three hours to bake.

MRS. A. C. BROWN.

BOILED TURKEY WITH OYSTER SAUCE.

Prepare in the same manner as for roasting, fill with a dressing of oysters. Tie legs and wings close to the body, place it in boiling water that has been well salted, with the breast down. Skim it often, and boil two hours, but not long enough to have the skin break. Serve with celery or oyster sauce. Have a nice piece of salt pork, or ham, boiled, and serve a thin piece to each plate.

Some save the liquor in which the turkey has been boiled and use it for soup, by adding seasonings. MRS. MARIETTA HOLLISTER.

ROASTED TURKEY WITH SAUSAGES.

(German Style.)

Stuff the turkey with rich dressing, when done remove to platter, surround with small, fried sausages and chestnuts cooked in broth. Put a handful of water cress at each end of the platter, and serve with a well-thickened giblet sauce. MATIE HIGBIE.

BRAISED TURKEY.

Truss and stuff as for roasting, using a forcemeat made of minced chicken, mushrooms and sweetbreads, in addition to the bread; lard the breast with fine square shreds of fat salt pork; place the turkey in a stew-pan, breast uppermost, with sliced vegetables and sufficient broth to cover. Set it on top of the stove, and as soon as it begins to simmer put into the oven and cook slowly for an hour and one-half. Baste occasionally with the gravy. Garnish the turkey with stoned olives and thicken the gravy.

MRS. JANE HALL.

BONED TURKEY.

This is a difficult thing to attempt, but very nice when accomplished. Clean the fowl, as usual. Have a very sharp-pointed knife, begin at end of wing, pass the knife down close to the bone, cut all the flesh from the bone, leaving the skin whole. Pass the knife down each side of the breast bone and up the legs, keeping close to the bone. Split the back half way up, and carefully draw out the bones. Fill the places whence the bones are removed, with a stuffing restoring the fowl to its natural form, and sew up all the incisions made in the skin. Lay a few strips of fat bacon on the top, basting often with salt and water, and a little butter. A glass of port wine added to the gravy is liked by some.

When serving carve across the fowl in slices, and add tomato sauce.

MRS. FANNY HOLMES.

PHEASANT.

Prepare as you would any game; lard, rub with salt, wrap in grape-vine leaves and roast from an hour to an hour and a half in plenty of butter to keep them juicy and tender. The pheasant is one of the greatest dainties of the table. MALENDY.

JELLIED GOOSE.

(German Style.)

One young (not too fat) goose, two well-cleaned disjointed calves' feet, two heaping teaspoons white pepper-corns, same amount of allspice, several large onions, four bay-leaves, one carrot, one parsley root, part of a celery root, rind and juice of one lemon, salt, enough white-wine vinegar to give it a sour taste, almond oil.

Take the whole goose, head, neck, heart, lungs, gizzard and feet (scald and skin the feet), together with the calves' feet, put in a granite pot, cover with water and boil, carefully skimming it until it looks clear, then add the spices, vegetables, lemon and the vinegar, boil until the meat is well done, remove the fat as it rises and strain boiling hot through a flannel (white) bag to cool. (It must taste piquant and spicy.) After the meat has cooled separate the meat from the breast bone, cut it in narrow, bias strips, cut the legs in the joints, likewise the rest of the goose, add the head, neck, feet, etc., put all together in a porcelain dish, well oiled with almond oil or greased with lard. Now free the jelly of every particle of fat, remove all that is clear, melt it and pour gradually over the meat. Do not turn it out until ready to serve. It must be stiff enough to keep the shape of the form, but not hard and sticky.

MRS. ETTA HOVER.

ROAST GOOSE.

Do not cook a goose that is more than eight months old, and the fatter it is the more juicy the meat. The dressing should be made of three pints of bread-crumbs, six ounces of butter, a teaspoonful each of sage, black pepper and salt, and an onion chopped fine. Do not stuff very full, but stitch very closely so that the fat will not get in. Place in a baking pan with a little water, and baste often with a little salt, water and vinegar. Turn the fowl frequently, so that it may be evenly browned. Bake two and one-half hours. When done, take it from the pan, drain off the fat and add the chopped giblets which have previously been boiled tender, together with the water in which they were done. Thicken with flour and butter rubbed together; let boil, and serve.

FRAULEIN HIRSCH.

BAKED CHICKEN.

Take a plump fowl, dress and lay in cold salt water for one-half hour, then put in pan, stuff and sprinkle well with salt and pepper; lay a few slices of fat pork on to keep moist. Cover and bake until tender with a steady fire. Baste often. Turn so as to have uniform heat.

MRS. A. E. REAGOR.

STEWED CHICKEN WITH SALT PORK.

One chicken and a little salt pork. Prepare chicken, the same as for fried chicken, cut in pieces and put on the fire in a kettle with cold water enough to cover well, add the salt pork and boil until tender. When this is done have ready some baking-powder biscuits. Break open the biscuits, place on a platter, on these put the chicken; thicken the gravy with the flour, add seasoning and cream; pour this over the chicken and serve at once.

LOLA BAKER.

TO ROAST OLD FOWL.

Neatly dress and then soak in cold water for two hours. Boil until tender, then put into roaster and stuff with a nice sage dressing. Take two tablespoonfuls of flour mixed with butter and spread over chicken. Put in oven and bake until a nice brown.

MRS. MELLA SWIFT.

CHICKEN PIE.

Take a fat hen, dress and cut into pieces. Stew until tender, adding salt. Make a crust of two cups of sour cream, one-half a teaspoonful of soda, a pinch of salt, one cup of butter and one teaspoonful of baking powder. Add enough flour to make a stiff dough. Put chicken into a deep pan with plenty of broth. Sprinkle in a handful of flour and add pepper and more salt if necessary. Wet the edge of pan and cover the top with dough three-quarters of an inch thick, cutting a slit in the center for steam to escape. Bake in a moderately hot oven thirty minutes.

MRS. CHAS. HORNER.

CHICKEN PIE—No. 2.

Put a good fat young hen to cook in cold water. When partly done, salt. When done, remove bones and lay in the bottom of a baking dish. Prepare a sauce of three tablespoonfuls of butter (melted), three tablespoonfuls of flour, a little pepper and six cups of the warm chicken broth and one cup of warm milk or cream. Pour over the chicken. CRUST.—Two cups of flour, two teaspoonfuls of baking powder, one teaspoonful of

salt, two tablespoonfuls of butter or lard and one cup of milk. Mix well. Lay or drop over the chicken not (roll). An egg may be added to the crust if desired. Excellent. MRS. LOTTIE ALEXANDER.

POTTED CHICKEN.

To every pound cold roast or boiled chicken allow one-quarter of a pound of butter, salt and cayenne to taste, one teaspoonful of pounded mace, one-half of a small nutmeg. Cut in small pieces, pound together till reduced to a small paste. Pack closely in jelly glasses, and cover with clarified butter. A few slices of ham added is an improvement.

MRS. CASSON.

PRESSED CHICKEN.

Select two chickens about one year old, clean, cut up well, and stew in just enough water to cover. When nearly cooked, season with salt and pepper. Stew down until the water is nearly all boiled out, and the meat drops easily from the bones. Remove the bones and gristle; chop the meat rather coarsely, then put back into the stew kettle with broth (first skimming off all fat), and let it heat again. Turn it into an oblong bread pan, drop in along center four hard-boiled eggs; place a weight on the top. This will turn out like jelly and may be sliced. The success depends upon not having too much water; and see to it that the chickens are not too young. G. W. P.

CHICKEN WITH MUSHROOMS.

Have ready one pound of cold roast chicken cut into dice-shape, and one-half of a pint of mushrooms, cut into small bits. Cover the mushrooms with hot water and cook for five minutes. Skim them out and lay on a hot dish. Add enough milk to the liquid to make a coffee-cupful. Thicken with a tablespoon of flour rubbed smooth with the same quantity of butter. Season with a salt-spoonful of salt and half as much white pepper. Add the chicken and mushrooms, and cook three minutes, stirring constantly. Serve on a hot platter. MRS. JENNIE MERRILL.

CHICKEN.

(Italian Style.)

Boil a whole chicken till tender in lightly salted water. While cooking dip out into a granite kettle a pint of the broth and put with it one sliced onion, a tablespoon of butter, salt and pepper, and one-half of a cup of macaroni broken into tiny pieces. Cook till water has nearly boiled away, then add one cup of milk and cook slowly till the

macaroni has absorbed the milk. Sprinkle grated cheese over it. Boil the chicken broth till reduced to one pint; thicken slightly. Pour the macaroni over the chicken and the thickened sauce over the whole; on top sprinkle a little grated cheese. MRS. DEL NERO.

PICKLED CHICKEN.

Boil four chickens till meat falls from bones. Put meat in a stone jar and pour over it three pints of good cold cider-vinegar and a pint and one-half of the water in which they were boiled. Add spices and let stand two days. This is a fine dish for luncheon, or for Sunday evening tea. MARY BONNER.

ESCALLOPED CHICKEN.

To a pint of boiling hot cream add one tablespoon of flour, mix until smooth; season with pepper and salt; scatter a few bread-crumbs in dish, then a layer of seasoned chicken cut as for salad, then a layer of cream dressing; put two layers each, then bread-crumbs and small pieces of butter on top. MRS. MINNIE AMPHLETT.

CREAMED CHICKEN.

See Chapter on "Chafing Dishes."

CHICKEN GULASH.

(Delicious.)

This is a Hungarian dish. I first tasted of it in Budapest but the first mouthful convinced me it was one of the nicest ways of serving chicken I ever knew. Boil the fowl in the usual way. When tender take out, remove the bones and put bones back into the liquor; cook thirty minutes and remove bones. Cut chicken in small bits or cubes (except the liver, heart and gizzard—reserve these for other uses). Put chicken in liquor, add one-half can of tomatoes or six whole ones, six onions, salt, pepper, speck of sugar, and butter, and stew until done. Have ready one dozen slices of buttered toast. Pour over toast in soup tureen. Serve hot.

IRENE S.

CHICKEN FRIED.

(New England Style.)

A chicken for frying should be very young, but if there are doubts as to its age, before cutting it up parboil it for ten minutes in water that has been slightly salted. Then sprinkle a little salt and pepper over the pieces and roll them in flour. Fry them in plenty of butter till done. It takes about twenty minutes to fry them. Put the chicken on a platter,

make a gravy by turning off some of the fat and adding a cup of milk that has been thickened with a tablespoon of flour. Pour this gravy over it. Or the gravy can be omitted and the platter can be garnished with crisp lettuce leaves. MRS. FANNY OAKLEY.

STEWED CHICKEN.

Melt in a stew-pan two tablespoonfuls of rather salt butter, and thicken by adding one of flour. Stir it well, to make it smooth, till it assumes a light yellow color. Put in a plump young chicken, cover it close, and let it simmer half an hour, turning it once. Then add a tumbler of rich beef jelly and one of sherry, and fill up the pan with mushrooms. Again close it and let it simmer another half hour, when it is ready to serve. Salt and pepper are the only spices needed. J. A. GOLDBERG.

CHICKEN PATTIES.

Mince fine cold chicken that has been roasted or boiled. Season with pepper and salt, and minced parsley and onion. Moisten with chicken gravy or cream; fill scalloped shells with the mixture. First, line the shells with pastry. Sprinkle grated cracker over the top of each pattie. Put a bit of butter on each; bake in a hot oven till brown.

AMY WILCOX.

BROILED CHICKEN ON TOAST.

The finest way to prepare real young chicken is to dress and split them down the back. Remove the entrails, wash and wipe. Lay on granite pan in hot oven till thoroughly heated through, then put on broiler and place over live coals. Let thoroughly cook, turning often so as not burn. When done put in pan again, season with salt, pepper and butter and put in oven three minutes. Put small slices of buttered toast on platter, put chicken on toast, add one-half cup of cream to pan, thicken a trifle, pour over chicken and serve. MRS. L. M.

CHICKEN CROQUETTES.

Take any kind of cold fowl, cut up fine, season with salt, pepper and butter, a little onion if desired and stir in two fresh eggs. Make in cakes, dip in beaten egg, then in cracker crumbs and fry in boiling lard or lard and butter mixed, or better, still, in Ko-nut. The latter is a vegetable oil perfectly healthy and fries a golden brown without easily burning.

C. E. P.

CHICKEN SALAD.

See Chapter on "Salads Made of Meat, Fish and Shell-Fish," Part I.

MARYLAND FRIED CHICKEN WITH CORN DODGERS.

Clean and wipe a chicken and drop the pieces into boiling lard. Fry until well browned and thoroughly cooked. As the pieces are cooked remove to a hot platter. When all are done, pour off the lard, leaving in the pan the gravy of the chicken. Return the pan to the fire and pour in about one cup or more of cream. Dredge in a little flour; stir; bring it to a boil and let boil three minutes. Season with pepper and salt and pour over the chicken. Sprinkle the top with some finely-chopped parsley. Have ready firm, cold corn-meal mush. Cut it into slices, dip them lightly in egg, cover with flour, and fry in butter. Garnish the edge of the platter with these corn dodgers, and serve. MRS. C. I. TIBBITTS.

CHICKEN STEW WITH BISCUIT.

Boil the chicken same as for fricassee, take out the chicken and have ready a frying-pan with butter; into this put your chicken and let brown on both sides; after taking the chicken up on platter pour into your frying-pan the gravy left in the kettle. Let come to a boil, thicken. Have ready some cream biscuits, break open on the platter, butter each half and pour over your gravy. J. T. P.

CURRIED CHICKEN.

Slice an onion and brown in a little butter, adding a spoonful of curry-powder. Let remain covered a few minutes to cook. Add more butter, and put in the cold chicken previously cut up very small. Thicken with a little flour. F. V. VARLEY.

REED BIRDS.

They need to be plucked and drawn very carefully, when they can be salted and flour dredged over them. They need a quick fire and about fifteen minutes roasting Raw oysters can be placed in each one before putting it in the oven. Roll the oysters in bread-crumbs. Rub butter over them and pepper. D. P. MANN

SNOW BIRDS.

Clean a dozen thoroughly. Put a couple of oysters in each, put them in a yellow-ware dish, add two ounces of boiled salt pork and three raw potatoes cut into slices. Add a pint of oyster juice, an ounce of butter, salt and pepper. Lay a crust over the dish, and bake in a moderate oven. C. E. P.

ROASTED GUINEA FOWL.

(Delicious.)

Unless young the guinea are apt to be tough, but even an old guinea can be made eatable by the care of a good cook and they are always high-flavored and savory. Clean, stuff and roast like duck or chicken and send to the table with currant jelly. MRS. HELEN GAY.

ROAST PARTRIDGES.

A simple method of roasting these birds is to pick them, draw them, and wash carefully. Then truss them, binding thin slices of smoked bacon around them. Roast fifteen minutes in a pretty hot oven. About seven minutes before needed for the table, remove the bacon, salt the partridges lightly, and brown them in the oven. When placed on the table a brown gravy must accompany them. MRS. M. MARLINE.

ROAST PARTRIDGES—No. 2.

A German way of roasting these birds is to truss them as you would a chicken. Place a vine-leaf upon the breast of each, over this lay two or three thin slices of fat bacon, and fasten them securely with strong twine. Put the birds into a stew-pan, just large enough to hold them, with as much butter as will keep them well basted, and when they are browned on one side turn them to the other, until they are evenly colored all over. When done pour a cup of thick cream over and sprinkle bread-crumbs, browned in butter, upon them. MRS. FREDA M.

QUAILS ON TOAST.

Take five quails, but don't remove the legs, for you would lose all the taste of the game. Wipe them well; string them tight, so as to raise the breasts. Put a little butter on each, a little lemon juice, and inside each the quarter of a lemon without the peel. Then put a very thin slice of pork, about three inches square, round each quail, with two or three cuts in each slice, and string it tight. Let cook on a good fire, and when they are nearly well done, for white meat game must be well done, cut the string; dress nicely on toast and serve hot. Pour the juice on the quails after having taken the fat off, and put some slices of lemon around the dish, one for each quail. MRS. HATTIE BULLARD.

QUAIL STEW.

Cut two quails down the back, lengthwise, place them in a pan with some butter, and cook them. Have ready two large slices of toasted or fried bread, and lay the quails upon them. Add a little water to the liquor, thicken it and pour it over the birds, squeezing a little lemon juice over them.

MRS. HATTIE FORBES.

ROAST QUAIL.

Draw the quails and truss them, fastening a piece of fat pork over the breast of each. Place them in a baking-pan with two tablespoonfuls of butter and four of boiling water. Roast them about fifteen or twenty minutes, basting them often. When done take off the bacon, and let them be placed on a platter, garnished with water cress. Pour a rich brown gravy around the birds, but not over them.

MRS. MARCIA HUNTING.

ROAST QUAIL—No. 2.

Rinse well and steam over boiling water until tender, then dredge in flour and smother in butter. Season with salt and pepper, and roast in oven. Thicken the gravy. Serve with green-grape jelly, and garnish with parsley.

MISS CAROLINE ELLIOTT.

ROAST PIGEONS.

Clean and truss two young pigeons, mince the livers, and mix with them two ounces of finely-grated bread-crumbs, two ounces of fresh butter, an onion finely minced, a teaspoonful of shredded parsley, and a little salt, pepper, and grated nutmeg. Fill the birds with this forcemeat, fasten a slice of fat bacon over the breast of each, and roast. Make a sauce by mixing a little water with the gravy which drops from the birds, and boiling it with a little thickening; season it with pepper, salt, and chopped parsley.

MRS. EMMA LEGG.

MOCK DUCK.

Take a round steak, make a stuffing as if for chicken, put it in the steak, roll and skewer tightly. Sprinkle with a little flour, put in a pan, put bits of butter on it, pour water over it and bake.

MRS. CHARLOTTE BALDWIN.

TO ROAST ANY SMALL BIRDS.

Birds, forcemeat or oysters, bacon, one pint of rich stock, or one teaspoonful meat extract dissolved in hot water, butter, pepper, salt, biscuit crust.

Stuff the birds with any forcemeat, or put one large oyster in each

bird, place the bacon in an earthenware dish, upon this the birds. If a forcemeat is used add the stock; if oysters, the oyster liquor. Add butter, pepper and salt. M. V. H.

ROAST HAUNCH OF VENISON.

The flavor of venison is improved by being kept as long as possible and yet remaining perfectly sweet. Choose a haunch with clear, bright and thick fat. Wash it in warm water and dry well with a cloth; butter a sheet of white paper and put over the fat; lay the venison in a deep baking dish with a very little boiling water, and cover with a coarse paste of flour and water one-half inch thick. A thickness of coarse paper should be laid over the paste. Cook in a moderately-hot oven for four hours or less, according to the size of the haunch. Twenty minutes before it is done, quicken the fire, remove the paste and paper, dredge the joint with flour, and baste well with butter until it is nicely frothed and of a fine delicate brown color. Garnish the knuckle-bone with a frill of white paper, and serve with a gravy made from its own dripping—from which the fat has been removed—placed in a tureen. Currant jelly always accompanies venison. Mrs. Serena Hall.

VENISON STEAK BROILED.

Take the leg and cut slices from it having a quick, clear fire. Turn them continually. They should be served under-done. Butter both sides of the steak; sprinkle salt and pepper over the venison, garnish with parsley and accompany it by a jelly sauce.

Mrs. Dorcas Cummings.

ROAST VENISON.

Slit the venison and lard it with pieces of pork or bacon. Place pieces of pork or bacon on the bottom of the pan; slice very fine, vegetables on the pork, then place your meat on this. Season, brown well on the top of the stove, then turn over and brown on the other side; then set in the oven and put soup stock or water in the bottom of the pan and cover closely. Serve with gravy. The vegetables may be chopped fine and served with it, or not. Be careful not to let them burn. Baste with port wine. C. B. M.

GAME PIE.

(Fine.)

Take two dozen woodcock, quail, snipe, or other small birds. Split each one in half and put them into a saucepan containing about a gallon of cold water, although beef broth or soup stock would be preferable. When the boiling point has been reached, carefully skim and season with

a little pepper and salt with mace, ground cloves and one bay-leaf, adding half a pound of salt pork cut into squares, two small carrots and one onion. Boil until tender, being careful that there is enough broth to cover the game. Into another saucepan put four ounces of butter and two tablespoonfuls of browned flour, mixing well and stirring into it a part of the broth or gravy so as to make a thin sauce. Strain off what broth remains in the first saucepan, removing therefrom the vegetables and spices to go with the sauce. Slice and cut into dice-shape, potatoes equal in quantity to the meat, and put in a deep baking dish; put on the top crust of dough and bake in an oven that is not too hot. MRS. HALLIDAY.

BAKED RABBITS WITH RICE.

Cut a plump young rabbit into neat joints, and pepper highly. Dissolve four ounces of bacon fat or good dripping in a saucepan, put in the rabbit, and let it steam over a gentle fire until lightly browned and half dressed. Take it up, drain, and put aside. Wash half a pound of rice, and put it into a saucepan with a quart of nicely-flavored stock and half a blade of mace. Let it simmer until it is tender and has absorbed the liquor, then let it cool, and stir in with it a large slice of fresh butter and the yolks of four eggs. Butter a deep dish, lay the pieces of rabbit into it, pour over them a large spoonful of chutnee, and then spread the rice on the top. Lay the beaten yolks of two eggs upon the rice, and bake the preparation in a brisk oven. MRS. J. GAY.

HOW TO DRESS BELGIAN HARE.

Take the hare by the hind feet, letting the head hang downward; strike a smart blow on the back of the head; cut the throat at once, letting out all the blood. Hang up. Run the knife around the first joint of the hind legs, cutting the skin, and pass the blade inside the thigh to the tail. With the hand separate the skin from the flesh, drawing the skin downward toward the head. Cut the fore legs off at the first joint and pull up the skin. Use the knife carefully in skinning the head, severing it at the nose and lip and drawing it off. Slit the belly lengthwise and remove intestines, excepting the kidneys. The liver and heart are to be saved; also the head if you wish it, first removing the eyeballs. Wash the body thoroughly and dry with a cloth. J. S. G.

STEWED HARE.

(Spanish Style.)

Slice one large onion, one chili pepper, and four medium-sized tomatoes into a stew-pan and bring to a boil. Cut the hare in pieces and

put in as soon as boiling; add one teaspoon of salt and enough hot water to cover. When nearly done thicken with flour and butter the size of an egg. ANNA DOLITTLE.

ROAST BELGIAN HARE.

Prepare a stuffing by chopping fine one-quarter pound of salt pork and a small piece of onion. Pour boiling water over six Boston crackers, then chop with the pork. Season with sage, salt and pepper; add boiling water to moisten and stir in one egg. Wipe the hare dry, fill it with the stuffing and lard with small strips of salt pork. Allow twenty minutes for each pound. Put a piece of butter as large as an egg in a cup, fill with boiling water and use to baste.

MISS NETTIE MARTIN

FRICASSEED HARE.

Lay the pieces in cold water a little while, drain well and place in saucepan with pepper and thin slices of salt pork. Cover with water and let simmer for thirty minutes. Add chopped onion. Make a smooth flour paste, stir in and let simmer until the meat is tender, then add half a cup of cream. If too thin add more flour. Boil up once and serve hot.

MRS. J. M. VAN NESS.

RABBIT PIE.

Cut a rabbit into eight pieces, soak in salted water one-half hour and stew until half done in enough water to cover it. Lay slices of pork in the bottom of a pie-dish and upon these a layer of the rabbit. Then follow slices of hard-boiled egg, peppered and buttered. Proceed until the dish is full, the top layer being bacon. Pour in the water in which the rabbit was stewed, and adding a little flour, cover with puff paste, cut a slit in the middle, and bake one hour, laying paper over the top should it brown too fast. MRS. M. MAUSLEY.

ROAST DUCK—TAME.

Take a young farm-yard duck fattened at liberty, but cleansed by being shut up two or three days and fed on barley-meal and water. Two small young ducks make a better dish than a large, handsome, hard-fleshed drake, which, as a rule, is best fit for a stew. Pluck, singe and empty; scald the feet, skin and twist round on the back of the bird; head, neck, and pinions must be cut off, the latter at the first joint, and all skewered firmly to give the breast a nice plump appearance. For stuffing, take one-half pound of onions, a teaspoonful of powdered sage, three tablespoonfuls of bread-crumbs, the liver of duck parboiled and minced

with pepper, salt, and cayenne. Cut the onions *very* fine, throw boiling water over them, and cover for ten minutes; drain through a gravy strainer, and add the bread-crumbs, minced liver, sage, pepper and salt to taste; mix, and put it inside the duck. This quantity is for one duck; more onion and sage may be added, but the above is a delicate compound not likely to disagree with the stomach. Let the duck be hung a day or two, according to the weather, to make the flesh tender. Roast before a brisk clear fire, baste often, and dredge with flour to make the bird look frothy. Serve with a good brown gravy in the dish, and apple sauce in a tureen. It takes about an hour. MRS. E. ENGEL.

DUCK AND GREEN PEAS.

Cut the rind from half a pound of lean bacon. Divide it into pieces two inches square and fry a light brown with butter. Dredge in a little flour, and stir three minutes. Add a pint of broth, an onion stuck with two cloves, a bunch of sweet herbs, salt and pepper. The duck should be previously fried or roasted for ten minutes then put into the stew-pan with the gravy and stewed slowly for an hour and a quarter or till tender. Meanwhile stew a quart of peas with butter. Place the ducks and peas on a hot dish, pour over them the gravy strained and thickened, and serve hot. MRS. A. AMENT.

BRAISED DUCK.

Prepare the duck as if for roasting. Line a small pan just large enough for the duck, with slices of bacon. Strew over the bottom parsley, thyme, and lemon peel. Lay in the duck, add a carrot cut into strips, an onion stuck with three cloves, season with pepper, and cover with stock broth and a glass of white wine. Baste frequently, and simmer an hour, or till done. Fry some slices of turnip in butter to a light brown, drain and add them to the stew-pan, after removing the duck, which should be kept hot. When the turnips are tender remove them and strain the gravy, thickening with a little flour. Put the duck on a dish, throw the hot gravy over, and garnish with the turnips. Fry the turnips eight or ten minutes. MRS. C. CLEMENTS.

SQUIRREL.

Squirrel is cooked similar to rabbits. They may be broiled or made into a stew. There are many varieties—black, red, gray and fox. Gophers and chipmunks are also good but of smaller variety. J. M. B.

HOW TO SELECT THEM.

IN PURCHASING meat one should know how to select the best quality, and the most useful pieces.

Beef, which stands at the head of the list, as being most generally used and liked, should be of a bright clear red, and the fat white. It should be well clothed in fat, to insure its being tender, and juicy. The finest pieces are the sirloin and the ribs—the latter making the best roasting piece in the animal.

In cooking steaks remember it is far better to turn over three or four times on a platter containing a little olive oil, than it is to hammer them, to make them tender. The object is not to force out the juice, but to soften the fiber.

In selecting *Pork*, one cannot exercise too great care in examining it. Do not buy any that is clammy or has kernels in the fat. Remember, too, when the rind is hard it is old.

Veal should be fine in grain, of a delicate pink with plenty of kidney fat. It should never be eaten under two months old.

Mutton should be firm and juicy, the flesh close-grained, the fat hard and white.

TIME REQUIRED TO ROAST MEATS.

Ovens vary in heating qualities, some baking quicker than others, but fifteen minutes to the pound will do most roasts. The oven must be at the proper heat when the meat is placed therein, so that the surface will crisp quickly, and the juices be retained in the meat. It is not necessary to wash the meat, but wipe it with a clean, damp cloth, and set it in the oven without any water. As soon as it begins to cook add a *very* little water, and baste it frequently. An onion may be laid on top of the roast, to give it a flavor, but should be removed before serving.

HOW TO BOIL FRESH AND SALT MEAT.

Fresh meat should be put at once into boiling water, and when half done, the salt and vegetables should be added. Salt meats must be put into cold water in order to extract the salt. They require longer boiling than fresh meats, nearly thirty minutes to the pound.

TO CLARIFY DRIPPINGS.

Drippings accumulated from different cooked meats (except mutton, which has a strong flavor), can be clarified by putting all into a basin and slicing into it a raw potato, allowing it to boil long enough for the potato to brown, which causes all impurities to disappear. Remove from the fire, and when cool drain into basin and set in a cool place.

MABEL STANLEY.

FOR PRESERVING BEEF FOR WINTER USE.

See department on "Pickles, Vinegar and Brine."

THAWING FROZEN MEAT, ETC.

If meat, poultry or fish is thawed by putting it into *warm water* or placing it before the fire, it will be rendered unfit to eat. The only way to thaw these things is by immersing them in *cold* water. If meat that has been frozen is to be boiled put it on in cold water. If to be roasted set it at a distance from the fire. It is best to thaw the night before cooking; lay it in cold water early in the evening and change the water at bed time.

SHERMAN HOUSE, CHICAGO.

TO KEEP MEAT FROM FLIES.

Put in thick paper or muslin bags; if the latter, the meat should first be covered with straw. The sacking must be done early in the season before the fly appears. Muslin lets the air in and is better than paper.

PERFECTION MARKET.

TO TRY OUT LARD.

Skin leaf lard, cut in small pieces, put it into an iron kettle, add one to two cupfuls of water to prevent sticking and burning. Let it melt slowly, being careful not to let it scorch; stir frequently from the bottom with a wooden flat ladle and let simmer until all the pieces have turned a golden brown, then throw in a little salt to settle it. Now set it back to cool and pour into jars.

NOTE.—The greatest care must be exercised while trying out lard to see to it that none runs over the pot, as that would prove disastrous.

Always warm the jars first, and put in a little lard at a time, to prevent their cracking. When cold and hard, tie up with clean, heavy paper, and keep in a cool, dry cellar. MRS. J. T. PHILLIPS.

HOW TO BROIL MEATS.

Broiling consists of placing the meat over clear, red coals, free from smoke. Do not have the fire too low or the gravy will drop upon the coals, nor too hot, else the meat will be blackened, and made hard.

Never stick a fork into the lean part of a steak or chop in turning it, but put it in the outer fat. Have the dish hot on which the meat is to be placed, and season it after taking from the fire. E. R. M.

ROAST BEEF.

Have the butcher remove the bones of a rib-roast and roll the meat into a round shape; tie securely with a stout string; then, before sending it to the table, remove the string and insert one or two steel skewers. Before placing the meat to roast season with salt; then place it upon a grating in dripping-pan and put it in a very hot oven; baste frequently; if the meat is very fat you need no water in your pan; if not, pour a small cup of boiling water into the pan after it has been in the oven fifteen minutes. Make a brown gravy. MRS. FLORA THOMAS.

BROILED STEAK.

The only proper way to cook a beefsteak is to broil it on a light wire gridiron over a clear fire. When ready to turn, place it on a warm plate with a little butter, turning the cooked side down so that the juices may be saved in the plate, and not lost, as would be the case, were it turned upon the gridiron; return it to the gridiron as quickly as possible, and as soon as the other side is cooked place it again upon the plate, which be sure to have always warm; season with pepper and salt to taste, adding a little butter. There is a gridiron in the market (a double one), which permits the turning of the meat over the fire. It is so constructed that the juices are held in the pan. MRS. E. R. DANIELS.

BEEFSTEAK AND ONIONS.

This very popular dish necessitates the use of a frying-pan, upon which put the steak with a little suet, and add sliced onions which have previously been prepared by dropping into cold water; season with salt and pepper and cover tightly before putting upon the fire. A good way is to cook the steak and onions separate. Then smother the steak on the hot platter with the onions. W. P. B.

ROAST BEEF—No. 2.

Select a loin or rib piece—the latter is the best—and pound it thoroughly before placing in the pan; pour a cupful of boiling water over it and sprinkle a little salt; have the oven well heated and baste frequently with the drippings after the juices have cooked out. Cook about ten minutes to a pound. When done it should be brown outside and a little red within. If the meat has an excess of fat cover the fatty portion with a flour and water paste, which can be removed before fully done. Turn the gravy upon the meat after skimming off the fat; season with pepper and salt. Any attempt at basting before the juices commence running from the meat will have the effect of toughening it. SADIE V.

FILET OF BEEF LARDED.

This is the tenderloin, although the sirloin is sometimes used. Trim off fat, tough skin, etc., and skewer into shape (round). Dredge well with salt, pepper and flour and put without water into a very small pan. Place in a hot oven thirty minutes; in lower part ten, and then on upper grate. Serve with mushroom sauce. The shape of the fillet is such that the time required for cooking is the same whether it weighs two or six pounds. MRS. F. T. GRIGGS.

CORNED BEEF.

Should be cooked in plenty of cold water brought slowly to a boil; if very salt, the meat should be soaked over night; but if young and not too strongly brined this will not be necessary. It should be cooked sufficiently long to make tender, so that in a brisket or plate piece the bones may be readily removed. Preserve the liquor in the pot, and if any of the meat remains after the first meal, return it and let it stand over night in the liquor so that it may absorb it. If no meat remains to be returned to the liquor, the latter will make a good soup for next day's dinner if the beef was not too salt. M. J. M.

BOILED BEEF WITH CABBAGE.

(German Style.)

Take one head of cabbage, and after removing all soiled and bruised leaves, cut in sections lengthwise, making about eight or nine pieces, leaving the piece of heart attached to each piece to hold it together. Place in the kettle on top of beef which has been boiling some time; let all boil together for one hour. Salt to taste and add a little pepper, if liked. Lift out the meat, let the cabbage boil a few moments longer in the beef broth and send it to the table in a vegetable dish. MRS. O. T. LEARNED.

BEEFSTEAK AND ONIONS—No. 2.

Broil or fry the steak. Cut up six onions in slices and fry them brown in drippings. Place the steak on the platter, cover it with the onions, and put it in the oven till thoroughly hot, and it is then ready for the table.

Mrs. P. B. Murray.

ROLLED STEAK.

Take a good rump steak, flatten and lay upon it a seasoning made of bread-crumbs, parsley, pepper and salt, mixed with butter beaten to a cream with a fork. Roll up the steak, bind it evenly with fine twine, and lay it in a dish with a cup of boiling water. Cover with another dish and bake forty minutes, basting frequently. Remove the cover and let it brown before sending to table. Thicken the gravy with browned flour, and serve very hot. A layer of oysters, bearded, instead of the forcemeat is a pleasant change. The twine should be cut off before sending to table.

Mrs. Priscilla Long.

POT ROAST.

Put a very little drippings in an iron kettle. When hot, lay the beef in. Add an onion chopped and fried till brown in butter; pour in water that has boiled, to half the height of the meat. Add salt and pepper, and cover as close as possible. Thicken the gravy. Simmer from two to three hours, according to weight. When done, take up, and pour the gravy over it, and send to the table. Mrs. Robb.

BEEF LOAF.

Take two pounds of beef chopped fine and add eight large soda crackers rolled. Moisten with hot water, then add one-half a cup of sweet milk, one egg and a pinch of sage. Season with salt and pepper and mix thoroughly. Make into a loaf and place in a baking pan with two strips of bacon and a lump of butter; cook slowly an hour and one-half. Mrs. M. McDuffie.

ROAST STEAK AND POTATOES.

Butter a baking dish and sprinkle in a layer of chopped steak, season with salt and pepper. Put over this a layer of raw potatoes, peeled and sliced. Dust over a little flour, then sprinkle over another layer of steak, and so on until pan is full. Fill pan with hot water, cover and bake three hours. The flour used thickens the water and makes a delicious gravy.

Mrs. C. F. G.

CURRIED STEAK.

Slice two onions and one apple, and fry them in butter to a light brown. Cut a pound of steak into neat squares, mix a tablespoon each of curry-powder and flour, and salt to taste, together on a plate, rub each piece of meat into it, and fry quickly. Turn all into a saucepan with half a pint of water or gravy, which should be hot, and *simmer* gently for an hour; add lemon juice, and serve in a meat dish, with a border of boiled rice piled round. MRS. CHARLOTTE RICE.

SPICED BEEF.

Boil a shank of beef in as little water as will merely cover it. Cook till meat falls from the bone. Chop very fine, spice with ground cloves, pepper, salt and summer savory. Add sufficient of the liquor in which it was boiled to moisten well. Press into molds, and when cold slice.

LIBBIE THOMPSON.

CREAMED DRIED BEEF.

(Fit for a Prince.)

Pick in small pieces one-fourth of a pound of thinly-cut rather moist dried beef and brown in a little butter. When brown pour in it a coffee-cup of milk and cream. Let it come to a boil and slightly thicken with a little butter and flour creamed together. When it boils, pour it over a platter of golden brown toast and serve it at once. MRS. M.

BEEF PIE WITH POTATO CRUST.

When you have used the best of a cold roast of beef take the small pieces or as much as will half fill a granite baking pan; also any gravy that you have saved, a lump of butter, a bit of sliced onion, pepper and salt, and enough water to make plenty of gravy; put over a fire, thicken by dredging in a tablespoonful of flour; cover it up where it may stew gently. Now boil a sufficient quantity of potatoes to fill up your baking dish, mash smooth, and beat light with milk and butter and place in a thick layer on top of the meat. Brush it over with egg, place the dish in an oven, and let remain long enough to become brown. There should be a goodly quantity of gravy left with the beef, that the dish be not dry and tasteless

LIDA B. M.

LIVER AND BACON.

Calf's liver is the best; slice it one-quarter of an inch thick; pour hot water over and let stand a few minutes to clear it from blood; then dry in a napkin. Take one-half a pound of thin sliced bacon, or as much as you require, and fry to a nice crisp; lay on platter and keep hot; then

fry the liver to a nice brown in the same pan, having first seasoned it with salt and pepper and dredged in flour. Serve with a slice of bacon on the top of each slice of liver. ANN HEWITT.

FRIED BEEF LIVER.

Cut in thin slices; pour over it *boiling* water; roll in flour; season with salt and pepper. Fry till done. R. VAN NESS.

SMOTHERED BEEFSTEAK.

Take one large thin round steak. Prepare a dressing of a cupful of bread-crumbs, half a teaspoonful of salt, a dash of pepper, a tablespoonful of butter, a little sage, a speck of chopped onion and enough milk to moisten. Spread over the meat, roll it up carefully, and tie the ends with a string. Fry a few thin slices of bacon in a saucepan and into the fat place this roll of beef. Brown on all sides, then add one-half a pint of water, and stew until tender. When cooked sufficiently, take out the meat, thicken the gravy and pour over it. Carve crosswise. LULU FOWLE.

IRISH STEW—BEEF OR MUTTON.

Take two pounds round steak or mutton chops, six potatoes, two turnips, four small onions, nearly a quart of water. Place meat in stew-pan, add vegetables, pour in one and one-half pints of cold water; cover closely, let stew gently till vegetables are ready to mash and the greater part of the gravy is absorbed; serve hot. MARY.

BOILED BEEF TONGUE.

Clean three fresh tongues and place in a kettle with just enough water to cover and one cup of salt; add more water as it evaporates, so as to keep the tongues covered until done—when they can be easily pierced with a fork; take out and if to be served at once remove the skin. If wanted for future use, do not peel until needed. If salt tongues are used, soak over night and omit the salt when boiling. MRS. A. R.

BEEF'S HEART STUFFED.

After washing the heart thoroughly cut it into dice one-half an inch long; put into a saucepan with water enough to cover. Remove scum. When nearly done add a sliced onion, a stalk of celery chopped fine, pepper and salt and a piece of butter. Stew until the meat is very tender. Stir up a tablespoonful of flour with a small quantity of water and thicken the whole. Boil up and serve. MISS HOLLAND.

BEEF LOAF—No. 2.

Two pounds chopped round steak, one slice chopped salt pork, one teacup browned bread-crumbs, one and one-half cups milk, one egg, piece of butter size of an egg, salt well and season with onion, mace, spice, etc., to suit individual taste. Bake about one hour in baking pan. A nutritious and economical dish. Will serve eight person. Eat either hot or cold.

ESTHER HAIGHT.

TENDERLOINS STUFFED WITH OYSTERS.

Take two large tenderloins, split them, season with pepper and salt. Make a dressing of pint of oysters, teacup of cracker crumbs; season with salt, pepper, and celery-salt; spread one tenderloin with dressing putting the other one-half of tenderloin on top, then spread the top thick with dressing; tie together with string, bake as you would a chicken, baste often; very fine. BELLE FOSTER.

TENDERLOIN WITH MUSHROOMS.

Roast the tenderloin in the usual way. When taken from the oven lay on platter, slice thin but lay all together as though it had not been sliced and pour over a mushroom cream sauce. Serve at once.

IONE LESTER.

BEEF PATTIES.

Chop fine some cold beef, beat two eggs and mix with the meat, adding a little milk, melted butter, salt and pepper. Make into rolls and fry.

CATHARINE

BEEF PATTIES—No. 2.

The remains of a roast of beef, minced fine and seasoned, can be baked in a rich puff paste in patty pans. Nice for a side dish. It takes about one-half an hour to bake them. CAROLINE ROYCE.

MEAT CROQUETTES.

Mince cold cooked beef or mutton fine, with a large onion, pepper and salt. Add gravy to moisten. Put into shells or small cups, making them three parts full and fill them with potatoes mashed with a little cream; put a small piece of butter on top of each, and brown them lightly in the oven. MARY J. LISCOMB.

FRIED BRAIN.

One nice calf's brain, beaten egg, sifted cracker crumbs, butter, parsley. Soak the brain in cold water, then scald for just one second, dip it in egg and crumbs, and fry a light brown on both sides in butter. Garnish with parsley and serve hot. JULIA.

HAMBURG STEAK.

The round of beef is usually taken for this purpose. Grind or chop a pound very fine, removing all the fiber or fat. Add one-half a teaspoon of onion juice, the same of salt, a quarter of a teaspoon of pepper, a little nutmeg and one egg. Make into small balls, and press them flat. Fry them in butter. Make a brown gravy of the butter used in frying. Let it brown, then add a little soup stock. Pour a little on each cake.

MRS. P. GREENE.

BEEF LIVER—No. 2.

Cut the liver in slices two-thirds of an inch thick; soak in cold water one-quarter of an hour; have ready butter in the spider and when hot, put in the liver; season with salt, pepper, and an onion chopped fine; dust a little flour over the top; cover tight to keep steam in as much as possible; add a little water while cooking, to keep from getting dry (do not let it burn); when brown turn on the other side; put on a little more salt, pepper and flour; when done take the liver out on a platter; put in about a teacup of sweet milk; if not thick enough, add a little more flour, wet with milk, until it is about the thickness of beef gravy; pour over the liver and serve. This is the Swedish way of cooking it.

DENNIE SAFFORD.

BAKED CALF'S LIVER.

Take a calf's liver, vinegar, one onion, three or four sprigs of parsley and thyme, salt and pepper to taste, strips of bacon and brown gravy. Select a fine liver, and lard it; put it into vinegar with an onion cut in slices, parsley, thyme and seasoning in the above proportion. Let it remain in this pickle twenty-four hours, then roast, basting it frequently with the vinegar, etc.; glaze it, serve under it a good brown gravy and serve it hot.

JANE EMMERT.

KIDNEY STEW.

It will take three kidneys which must be cut lengthwise into three pieces. Wash these well and dry, wiping them very carefully. Warm three tablespoonfuls of butter in a saucepan; put in the kidneys before this is really hot, with very little mace, and pepper and salt to taste, one teaspoonful of chopped onion, and a cupful of good brown gravy. Simmer all together, closely covered, about ten minutes. Add the juice of one-half of a lemon and a pinch of grated lemon peel; take up the kidneys and lay upon a hot dish, with fried or toasted bread underneath. Thicken the gravy with browned flour, boil up once, pour over all, and serve.

MRS. JOSEPHINE KNOX.

DRIED BEEF CREAMED—No. 2.

Shave the beef thin, put it in a stew-pan, adding one-half of a teacup of cold water. Let it come to a boil, and if the beef is pretty salt pour off the water and add milk sufficient for a meal, a piece of butter and some pepper. Take cream, a full tablespoonful of flour, stir to a smooth paste, and add gradually to the beef, stirring till it thickens. It is a very nice breakfast dish. MRS. MARY HILTON.

BEEFSTEAK WITH DRESSING.

It grows tiresome to always broil or fry beefsteak, so a pleasant change is to take a nice juicy round steak and make a dressing of grated bread, as if for a fowl. Cover the steak with this dressing, turn over the edges, and fasten with linen thread. Place it in a dripping-pan in which is one-half of an inch of water, and bake it. Turn it when one side is done and brown the other. Another way, which improves the flavor, is to lay the steak on the griddle in the dripping-pan, put plenty of salt, pepper and butter over it—do not spare the butter—and run it into the oven, turning it once, when one side is done, and basting the other side with the gravy. MARY HEATON.

BREAKFAST DISH OF COLD STEAK.

Put a spider over the fire and into it put two tablespoonfuls of butter. When hot add one cupful of chopped cold steak or any other kind of boiled meat. Sprinkle over it one tablespoonful of flour. Stir well. Pour over it enough water to make a gravy. Add a little pepper and salt. Serve on toast. SOPHIE SEVERSON.

MEAT PIE.

Take some mutton chops, either from the loin or neck, trim them neatly and put them, with chopped parsley, butter, pepper and salt in a stew-pan over a slow fire. Place the chops, with some good brown gravy, into the baking dish and add slices of raw ham. Cover with the lid, but first fill in with mashed potatoes to the brim; bake two hours in a slow oven, when the tin cover may be taken off, and the chops will be found tender and succulent. A. PLAISTED.

KIDNEY TORTILLA.

Four eggs, two kidneys, one dessert spoonful of chopped parsley, one dessert-spoonful of chopped onion, one-half of a teacupful of stock, a tablespoonful of butter, one-half of a teacupful of milk, two tablespoonfuls of butter.

Cut the kidneys in rather thin slices and stew them with the parsley, onion, and one tablespoonful of butter in the stock until they are tender.

Break the eggs and beat them with the milk and a little pepper and salt; warm the extra butter in a sauté pan and pour in the eggs, shaking to prevent burning; when browned on one side, place the tortilla on a dish with the kidneys and seasoning in the center. Fold over the tortilla and serve. Mrs. Martha Kellar.

KIDNEYS WITH MUSHROOM CATSUP.

Cut a beef kidney into very thin slices, flour them and fry a light brown. When done, remove from the pan, pour off the fat, adding a small piece of butter, one-quarter of a pint of boiling water, pepper, salt, and a tablespoonful of mushroom catsup. Boil the gravy up once, pour over the kidney and serve. Mrs. Dalliber.

SPANISH STEW FOR ODD BITS OF MEAT.

Cut two medium-sized onions into small pieces; fry tender (not brown), to which add a pint of cold beef or lamb, cut small, a quart of tomatoes and salt and red pepper to taste; stew until the tomatoes are thick. Dried peppers are more desirable for this than cayenne.

Miss Edith M.

ROAST MUTTON.

Get a leg of eight pounds, which has hung at least a week, weather allowing. During hot weather this joint gets quickly tainted. Rub it lightly with salt, and put it *at once* before a brisk sharp fire. Place it close to the fire for five minutes, then place it in the oven and let it roast slowly until done. Baste continually with good dripping until that from the joint begins to flow. When within twenty minutes of being done, dredge it with flour, and baste with butter or dripping; and when the froth rises serve on a hot dish. Make a gravy, throw off the fat, when any gravy, if the dripping pan has been floured, will adhere to it. Add a little stock and a little boiling water, pepper and salt. Pour the gravy round the meat, not over it. Anna Windom.

MUTTON PIE.

A very good family pie is made with the remains of a cold leg, loin, or any other joint of mutton from which nice neat slices of rather lean meat can be cut. These should be put with a good seasoning, in alternate layers with thinly-sliced potatoes, into a pie-dish, commencing at the bottom with some of the meat, and finishing at the top with potatoes.

Parsley, savory herbs, onion, or shallot, with a little mace, white pepper and salt may be used at discretion. A cupful of good gravy from the meat should be poured into the pie before the crust is put on. Suet is generally used for the crust. FANNIE MERKLIN.

MUTTON PATTIES.

Mutton patties are made with cooked meat, which is minced, then hashed in good gravy, seasoned with pepper, salt, and a little catsup. The mince should not boil, but be made hot, and thickened. Patty pans, lined with half puff paste and filled with the meat, will require a very short time to bake. Cover with the paste, and put them into a quick oven for fifteen minutes. MRS. MARIAN BONNELL.

BREADED MUTTON.

Sew the mutton up in a thin cloth, lay it in a saucepan, nearly cover it with cold water, and stew gently, allowing ten minutes to each pound. Take it out, unwrap and lay it in a baking-dish, brush over with warm dripping, dredge with flour, and set in the oven for one-half of an hour, basting freely with its own broth. A few minutes before taking it up strew thickly with crumbs, fine and dry, dot bits of butter over it, and brown. Serve garnished with slices of beetroot.

MRS. ALICE WATERS.

RAGOUT OF MUTTON.

Remove the bones from the mutton, so as to have three pounds of solid meat. Cut it in strips three inches long and one inch wide. Take two lamb sweetbreads, one cup of gravy, made from the bones, two eggs, one-quarter of a pound of salt pork, one onion, sliced and fried, one cup of green peas, pepper and salt, one tablespoonful of minced parsley, browned flour. After having fried the onion in plenty of drippings then fry the mutton five minutes. Parboil the sweetbreads and throw them into cold water and blanch. Wipe and dry them, then fry them in fat. Lay the salt pork, cut in slices in the bottom of the saucepan, upon this place the mutton, then the sweetbreads, the onion and peas next, then pepper, salt and parsley. Cover with the gravy, put on a close lid, stew gently for an hour. Then let it boil up once, remove the mutton and sweetbreads, thicken the gravy with brown flour, put in two beaten eggs, stir a minute over the fire, pour over the meat and serve.

THERESA MUNN.

LAMB STEW.

Remove all the fat from a nice leg of lamb, cut off the shank, make deep incisions in various parts of the inside of the leg; fill them with stuffing made of crumbs of bread, salt pork, sweet marjoram and pepper; stuff it very full. Put hardly water enough in the pot to cover the leg. Throw in a dozen or two of cloves, one-half of an onion sliced or chopped very fine, and a little salt. One-half of a teacup of catsup or a few tomatoes improve it very much. Let it simmer steadily three hours. When you take up the leg, thicken the gravy if it is not thick enough. Put a few spoonfuls over the meat. A. P.

BROILED MUTTON CHOPS.

Select one dozen chops cut from the loin; trim, season with salt and pepper; dip in melted butter and broil over a clear fire nearly ten minutes, turning frequently. Lay on warm platter and garnish with a few sprigs of parsley. Ivy Smith.

A GENUINE IRISH STEW.

Cut two pounds of chops from the best end of a neck of mutton, and pare away nearly all the fat. A portion of the breast may be cut into squares and used, but a neck of mutton is the best joint for the purpose. Take as many potatoes as will amount after peeling to twice the weight of the meat. Slice them with eight large onions sliced. Put a layer of mixed potatoes and onions at the bottom of a stew-pan. Place the meat on this and season it plentifully with pepper, and lightly with salt. Pack closely, and cover the meat with another layer of potato and onion. Pour in as much water or stock as will moisten the topmost layer, cover the stew-pan tightly, and let its contents simmer gently for three hours. Be careful not to remove the lid, as this will let out the flavor.

Mrs. N. McGrath.

SWEETBREAD CROQUETTES.

Wash and parboil one pair of sweetbreads, then throw into cold water; remove outside skin and all membrane; then with silver knife chop in small pieces and measure. There should be one-half of a pint of chopped meat. Put one gill of cream into a saucepan; rub together one level teaspoonful of butter, a heaping teaspoonful of flour; stir into the hot cream until you have a smooth paste; add the yolk of one egg and the sweetbreads; mix and cook one minute, take from the fire and, if desired, add one dozen mushrooms chopped fine; if fresh, they must

be cooked before chopping; add one tablespoonful of salt, one salt-spoonful of pepper, one teaspoonful of finely-chopped parsley, ten drops of onion juice; mix well. When cool form into croquettes; roll into beaten eggs, then roll in bread-crumbs and fry in hot lard.

MRS. R. MCADAMS.

VEAL OYSTERS.

Cut veal from the leg or tenderloin into pieces the size of an oyster. Season with pepper, salt and a little mace; dip in egg, then into cracker crumbs and fry. They both look and taste like oysters. To be eaten with tomato sauce.

L. D. T.

BAKED VEAL PIE.

Use the neck or any part of the veal which you prefer. Cook it by boiling an hour, then place the meat in a very deep dish, and when you lay on the upper crust wet the edge of the under crust all around and flour it; then lay on the upper crust and press your hand upon the edge, so that the flour and water will make the crusts adhere and prevent the gravy from escaping. Prick the top several times with a large fork. If you have pieces of crust left, cut them into leaves and ornament the pie. Bake one-half hour.

M. A. M.

VEAL, CHICKEN OR RABBIT BONDINETTES.

To every pound of finely-minced meat add one-quarter of a pound of mashed potatoes; season with salt and pepper and moisten with a gravy made from the bones of the cold meat. Press the minced meat into well-buttered cups and bake for twenty minutes. Turn out on a dish, pour a little browned gravy round and stick a sprig of parsley into each bondinette.

MRS. ELLA FIELD.

VEAL LOAF.

Four pounds of veal, three-quarters of a pound of salt pork chopped fine together, one teacupful of cracker crumbs, powdered fine, one and one-half cups of stock, three eggs, one-fourth of a cup of dried bread-crumbs, one scant teaspoonful of thyme and marjoram, one-half teaspoonful of summer savory, three generous teaspoonfuls of salt, one teaspoonful of pepper, one-fourth of a teaspoonful of nutmeg, two tablespoonfuls of butter; add to the chopped meat the cracker crumbs, two eggs well beaten and one cup of the stock; mix well with the hands; butter a flat cake tin, form the mixture into a loaf, place in the tin; beat the third egg well,

spread it on the loaf, sprinkle over with fine bread-crumbs; bake in rather hot oven three hours, basting frequently with the remaining stock in which the two tablespoonfuls of butter have been melted.

EDITH VAN VORMER.

VEAL LOAF—No. 2.

Have the butcher *grind* (not chop) four pounds taken from a leg of veal, and one pound of fat salt pork. Roll one-half of a pound of soda crackers fine and mix all together. Use little salt and pepper and thyme—about one teaspoonful. Beat two eggs, and add them. Mix thoroughly with the hands and shape into a block, using a square pan to cook it in. Roast one hour and one-half, basting constantly. To be sliced and eaten cold.

MRS. MARIA WHITE.

VEAL CHEESE.

Three pounds of chopped veal, one slice of salt pork, sixteen small crackers, three eggs, one-half pint of water, salt, pepper and sage to taste; bake three hours.

D. C. M.

VEAL CUTLETS WITH VERMICELLI.

(German Style.)

Remove all the fat, but not the small rib of the cutlet, season and turn in egg and crumbs, or dip in melted butter, then in cheese mixed with an equal quantity of crumbs (sifted); let this absorb, then dip in the egg and again in the cheese mixture. Stand aside for two hours, then fry in plenty of butter the same as doughnuts. In the meantime boil some vermicelli in salt water until well done, then drain and mix with tomato sauce, arrange the vermicelli in the center of a chop-platter and place the cutlets around them. Serve hot.

N. H.

ROAST LOIN OF VEAL.

Leave in the kidney, around which put considerable salt. Make a dressing the same as for fowls; unroll the loin, put the stuffing well around the kidney, fold and secure with several coils of white cotton twine wound around in all directions; place in a dripping-pan with the thick side down, and put in a rather hot oven, letting it cool down to moderate; in one-half hour add a little hot water to the pan, and baste often; half an hour after turn over the roast and when done dredge lightly with flour and baste with melted butter. Before serving, carefully remove the twine. A roast of four to five pounds will bake in two hours. For a gravy, skim off some of the fat if there is too much in

the drippings; dredge in flour, stir until brown, add hot water if necessary; boil a few minutes, stir in sweet herbs as fancied and put in a gravy boat. Serve with green peas and lemon jelly. Is very nice sliced cold for lunch, and Worcestershire or Chili sauce forms a fine relish. S. J.

ENTRÉE OF VEAL.

Take a piece of butter the size of an egg, three pounds of raw veal, one teaspoonful of salt, one teaspoonful of pepper and two raw eggs. Chop fine and mix all together, adding two tablespoonfuls of water. Mold this into a loaf, then roll into it two tablespoonfuls of pounded crackers and pour over it three tablespoonfuls of melted butter. Place in a pan and bake two hours. When cold, slice and use.

Mrs. M. E. Weed.

VEAL WITH OYSTERS.

Take two pounds of tender veal, cut into thin bits, dredge with flour, and fry in enough hot lard to prevent sticking; when nearly done add one and one-half pints of oysters, thickened with a little flour; season with salt and pepper and cook until both are done. Serve very hot in a covered dish. E. W.

MEAT CROQUETTES.

One pound of raw minced beef, one egg, one onion chopped fine with a little parsley, pepper and salt to taste. Form into cakes, dredge with flour, and fry in very hot Ko-nut or drippings. H. M.

TO COOK CALF'S HEAD.

When the head has been cleaned, and split in halves, the eyes and snout bone taken away, lay it in cold water to soak, for two hours. Take out the brains, and wash them well in several waters, then lay them in cold water. Put the head together; cover it with cold water in the kettle and add a tablespoonful of salt; boil slowly for two or three hours. When it has boiled a little more than an hour, take some of the liquor, about a quart, and put into a stew-pan for the gravy; add to this salt, pepper, parsley chopped fine, a tablespoonful of lemon juice and put over the fire to boil. Beat up an egg lightly, with two tablespoonfuls of flour, then remove carefully the skin from the brains, and beat them up with the egg and flour. When well beaten, thicken the gravy with it and stew fifteen minutes. Mrs. Lucia Capper.

TO KEEP MEAT HOT.

Often a piece of meat is done, and yet the head of the house is not there to partake of it. A nice way to keep it hot without drying it is to place it in a hot dish and set it over a large saucepan of hot water at the side of the fire. Put a cover over the pan, and again cover that with a cloth. A bain-marie is useful in every kitchen. It is an open vessel or pan with a loose bottom for holding hot water. It will keep meats hot, or sauces at boiling point without reduction or burning. F. T. Boyd.

ROAST LOIN OF PORK.

Pork should be chosen with great care. From the gluttonous habits of the animal it is more liable to disease than any other meat. It should be partaken of plentifully only in cold weather. Grainfed pork is the best. Score the skin of a fresh loin of pork at equal distances about one-quarter of an inch apart. Brush it over with salad oil, place it in a hot oven with a clear fire, but watch that the crackling does not burn before the meat is well cooked. Baste often, and heat the dish on which you send it to table. Serve with brown gravy and apple-sauce. If liked, a little sage and onion dressing may be made and served on a separate dish. It requires two hours and one-quarter to cook a five-pound roast. Mrs. Jane Hathaway.

FOR PRESERVING PORK FOR WINTER USE.

See Department "Pickles, Vinegars and Brines."

FRIED SALT PORK.

Take thin slices of pickled pork, fry lightly. Then mix a batter of egg and flour and milk and immerse the pork in this till it has become completely covered and fry to a light brown.

Mrs. Huldah Osgood.

SALT PORK.

(Nearly equal to fresh.)

Cut as many slices as may be needed; if for breakfast, the night previous, and soak over night in a pint of milk and water, about one-half milk, either skimmed milk, sour milk or butter-milk; rinse till the water is clear, and roll in corn-meal and fry. It is quite as nice as fresh pork.

Farmer's Wife.

ROAST SPARE-RIB.

Trim the ragged ends of a spare-rib neatly, crack the ribs across the middle, rub with salt and sprinkle with pepper. Fold it over, stuff with a turkey dressing, sew up tightly, place in dripping pan with a pint of water, baste frequently, turning it once or twice so as to bake both sides a rich brown. CLARA JONES.

SADDLE OF PORK, ROASTED.

Have the butcher cut a saddle of pork as he would a saddle of mutton. Strip off the skin, trim the joint neatly, and cover the fat with buttered paper. Have a clear fire and baste liberally. One-half of an hour before it is taken up remove the paper, dredge the meat lightly with flour, and baste until it is brightly browned. Send brown gravy and apple-sauce or tomato-sauce to the table with it. If liked, the skin can be left on, and it will then require to be scored lengthwise, the same way in which the saddle is carved. This is the handsomest joint of pork that can be served. M. A. R.

HOW TO COOK PIG'S CHEEK.

Let a pickled pig's cheek boil gently until tender. Tie one-half of a pint of split peas loosely in a cloth, put them in boiling water, and boil one hour; take them out, pass them through a hair sieve, and mix with the pulp a little pepper and salt, an ounce of butter, and four well-beaten eggs. Stir the mixture over the fire until the eggs begin to set, then spread it upon the cheek, brush over with beaten egg, sprinkle bread raspings on it, put it in the oven a few minutes, and serve. It will take nearly three hours to boil it. The bread raspings are made of pieces of stale bread dried slowly in a warm oven till brown and hard, and then crushed to powder. They can be set away in glass jars and kept for use.

MRS. J. HOWARD.

FRIED PORK CHOPS.

The flavor of pork chops is enhanced by cutting chops thin. Sprinkle with salt and pepper and thoroughly dry. If a sausage flavor is liked, sprinkle over them a little powdered sage, pepper and salt. A little milk gravy can be made and poured over it if liked. MARY LAVERTY.

PORK TENDERLOINS.

Tenderloins should be sliced crosswise and flattened, then fried or broiled, seasoned with salt and pepper. If desired, when done remove to platter and make a gravy by dredging a little flour into the hot fat; if not enough add a little butter, stir until browned, and add a little milk or cream, stir until it boils and pour over the dish. JULIA DICKERSON

HOW TO MAKE COUNTRY PORK SAUSAGES.

Six pounds of lean fresh pork, three pounds of chine fat, three tablespoonfuls of salt, one and one-half tablespoonfuls of black pepper and four tablespoonfuls of pounded and sifted sage. Grind with a sausage grinder or a meat chopper the lean and fat pork finely, mix the seasoning in with the hands, taste to see that it has the right flavor, then make into flat balls or make long, narrow bags of stout muslin. Fill these with the meat and hang in a cold dark room. They can be used at once.

MARIE BUELL.

TO FRY CASED SAUSAGES.

Place in the frying-pan, keep moving them about and turn frequently to prevent bursting; in ten or twelve minutes they will be sufficiently browned and cooked. Sausages are also nicely cooked by putting them in a baking pan and browning them in the oven, turning them once or twice.

J. A. M.

FRANKFORT SAUSAGES—HOW TO COOK.

These are real appetizing for a luncheon or a Sunday night supper where you want something real good and easy to get. Drop a pound or more in boiling hot water and let simmer two minutes. Serve hot with tomato catsup or horse-radish.

LIDA.

FRIED HAM AND EGGS.

Cut slices of ham very thin, trim off the rind, put into a hot frying-pan cooking until crisp. Place on a hot platter; pour off some of the grease, then carefully break the eggs separately in a saucer so that no bad be cooked and slip each egg gently into the frying-pan. Do not turn them while frying, but gently tilt the pan so that the hot lard will be over them all. Cook about three minutes; the white must retain its transparency so that the yolk can be seen thought it. Lay a fried egg upon each slice of the ham, and serve hot.

MRS. M. F. THOMMESSEN.

BOILED HAM.

Select the sweetest and best, wipe with a coarse cloth, then soak for an hour in cold water, to extract some of the salt. Cover with cold water, place over the fire and let it come to a moderate boil, keeping it steadily at this point. In cooking allow twenty minutes for each pound of meat. If the ham is to be served hot remove the skin, place on a platter, the fat side up, and stick in some whole cloves. If served cold, allow it to remain in the kettle until the water in which it was cooked becomes cold. This makes it more juicy.

H. O. C.

ROAST PIG.

Select a pig about six weeks old, wash it thoroughly inside and outside; wipe dry with a towel, salt inside and stuff it with a rich fowl dressing making it plump. Sew it up, place it in a kneeling posture in the dripping pan, salt and pepper the outside. Pour a little water into the dripping pan, baste with butter and water a few times as the pig warms, afterwards with gravy from the dripping pan. Roast from two to three hours. Make the gravy by skimming off most of the grease; stir in the pan a good tablespoonful of flour, turn in water to make it the right consistency, season and let all boil up once. Strain, and turn into a gravy-dish. Place the pig upon a large platter surrounded with parsley. Send to the table hot. In carving cut off head first; split the back, take off the hams and shoulders and separate the ribs.

M. M.

BOLOGNA SAUSAGE.

Take off the outer skin of the sausage. Slice the sausage very thin. Cover the bottom of a platter with leaves of parsley and lay the sausage on top, each slice touching the other. A few hard-boiled eggs can be cut into rings and sliced round, then laid upon the sausage.

Mrs. Jane Cummings.

SAUSAGE CROQUETTES.

One cup of highly-seasoned sausage meat, one cup of hot riced potato, two hard-boiled eggs finely chopped, one-half of a tablespoonful of finely-chopped parsley, salt and pepper to taste. Bind together with one-half of an egg slightly beaten. Mold into cork-shaped croquettes, roll in bread-crumbs and dip in egg slightly beaten, to which has been added two tablespoonfuls of cold water. Roll again in crumbs and fry in smoking hot Konut. Observe level measurements. C. A. C.

SCRAMBLED SAUSAGES.

To one pound of sausage use five eggs; have the pan hot and well-buttered; break the sausage into this in small bits; keep turning until done, but not brown; over this turn the five beaten eggs; scramble with the sausage until thick. Serve at once. Clara Mount.

MARYLAND BAKED HAM.

Place a medium-sized ham in a pot and cover with sweet cider. Let it simmer gently for three and one-half hours. Skim frequently to remove the grease as it rises. When tender take out and remove the

rind; outline the fat on top into diamonds and in each diamond stick a clove; now rub over the top of the ham one-half of a cupful of maple sirup, place in the oven and bake slowly for forty-five minutes. Garnish and send to the table. MRS. C. I. TIBBITS.

PICKLED PIG'S FEET.

Take three pounds of pig's shanks, one pound of veal from the shoulder. See that the butcher has cleaned them nicely. It is a safe precaution to scald the feet again and scrape them. Then put water over them, whole peppers, salt, bay-leaves and a little onion, and cook. When done remove the meat from the bones and cut into small pieces, then strain the liquid and put it back in the kettle with one-half of a cup of vinegar. Put the meat into this gravy and let it boil up, when it can be poured into a dish to cool. Have enough gravy to cover the meat.

MRS. B. RALSTON.

COLD HAM OR TONGUE.

Slice ham in thin slices and arrange upon a platter with a bed of lettuce leaves under it. Cut hard-boiled eggs and place on the ham. Boiled tongue can be used in the same way. E. H.

TORTILLA OF HAM.

One-half of a pound of ham is to be cooked, then chopped and put with one tablespoonful of butter into a pan. Beat three eggs well and season. Pour them into the ham and stir for a moment, then let the tortilla set, being careful that it does not adhere to the pan. When it is a little brown, turn and brown the other side. MRS. F. T. W.

HEAD CHEESE.

Take the head, ears and feet of a pig after being cleaned thoroughly. Boil them till tender in water that is salted. When done chop very fine and season with salt, pepper and sage. Put into molds until cold.

MRS. J. HOWARD.

TRIPE STEW.

Many people reject tripe; and we do not wonder when they can only obtain the leathery affair known as pickled tripe, which cooks try to disguise by frying in batter. But fresh tripe, which has never seen vinegar, is quite another thing. Cut the tripe (the honeycomb is the most tender part) into pieces about five inches long by four wide. Place them on the stove in just enough hot water to cover them. Cut up six or seven onions in fine shavings, adding them to the tripe. Let the water simmer slowly

away. Then add a dip made of good milk thickened with flour, a generous piece of butter, salt and pepper. Let them all boil up two or three times and you will have a dish delicate and tender enough for—I was going to say a queen, but I'll name something we all know—an American lady. ANNIE R. WHITE.

YORKSHIRE PUDDING SERVED WITH MEAT.

One pint of milk, four eggs (beating whites and yolks separate), two cups of flour, one teaspoonful of salt. If the batter grows too stiff, use less flour. Mix quickly. When the roast of beef is one-half done pour off the fat from the gravy in the pan, leaving enough to keep the pudding from sticking to the bottom. Pour the batter into the pan and roast the beef till done letting the drippings fall upon the pudding. Have a brisk oven. Baste the meat with the gravy taken out to make room for the batter. In serving cut the pudding into squares and lay about the meat in the dish. MRS. MARY ALLEN.

CORNISH PASTRY.

Take two cups of flour, one-quarter of a pound of suet cut fine, one-quarter of a pound of lard and a pinch of salt. Mix together with a little water or milk and roll out flat; now spread over one-half of it a layer of cold chopped meat, one sliced potato, one small onion, a little turnip or parsley (whichever you like best), a little pepper and salt; fold the paste over and crimp around all sides; bake until done. A good savory lunch.
KATIE STODDEN.

SAUCE ACCOMPANIMENTS FOR MEATS.

See Chapter on "Meat Sauces, Garnishings, Catsups, etc."

FOR PRESERVING HAMS.

See Department "Pickles, Vinegars and Brines."

VEAL BIRDS.

(Very nice for luncheons.)

Take as many tenderloins of veal as desired to make a given number of birds and pound them flat. Now make a dressing of cracker crumbs, moistened in water, add a little butter, salt, pepper and a speck of chopped onion, a speck of sage and one raw egg. Mix, and lay on top of pieces of veal. Now, with toothpicks, pin up the veal to look as near like birds as possible. Salt and pepper and fry brown in butter. When done, take up and make a cream gravy. Pour the cream gravy over as many slices of toast as there are veal birds. Lay the birds on top, garnish with parsley, and send to table. MRS. M. BREWER.

BREAD

BISCUIT—MUFFINS—WAFFLES ETC.

HIGH authorities frequently make the statement that many of our physical ailments are due to poor bread. This being the case, why then do we not compound good bread, when it is just as easy to make as bad bread? Some cooks advise pure, lukewarm water in mixing breads to the exclusion of potato water, milk and water, milk alone, or milk and whey. Mrs. Rorer, the well-known Eastern instructor, advises the leaving out of sugar and eggs when making the every-day bread and biscuits. She says "it is not a matter of mere chance, how this dough is to be made. Into the pan with the water is to be stirred flour enough so the whole mass can be set on a well-floured board. The hands are to be covered with flour also. The dough farthest from the operator is to be turned over into the middle of the mass a number of times, and then moved half-way around. The former procedure is gone through with, taking the dough farthest away and pressing it down into the center, either with the fingers or the ball of the hand. A rocking motion adds to the efficacy of the kneading.

"At the outset flour is to be dusted on the board from time to time, until the sticky stage has been passed. As soon as the dough does not stick to the clean board, even when pressed down, the process is finished. It should take not less than a quarter of an hour, at the least." She approves the compressed yeast made in the cities, but insists on its being freshly made. "Salt-rising bread," she says, "is made with the wild yeast of the air and is never so wholesome, as the odor it gives out in baking goes to show."

Another suggestion she makes is that it is best to make bread in the morning rather than to set it over night. The sunlight has a good effect upon it, the kitchen is of a

more equable temperature and better ventilated, and it is easier to take the bread at just the right moment, "when it has doubled its bulk and is very light." A useful idea to be adopted in case it cannot be given attention on the minute is to stir in a handful of flour and beat it in thoroughly, letting the dough stand thirty or forty minutes more. The baking remains, and this is as important as any other process. It is better to mold the dough into the pans at once and let it rise in them. The oven should be above the boiling point of water, at least, otherwise the yeast plant will not be killed and the process of fermentation will be carried too far.

On the other hand, too high a temperature cooks the outside of the bread so quickly that the inside remains unpenetrated by the heat. One way of finding if the oven is sufficiently heated consists in holding the hand inside it while twenty is counted slowly. If positive discomfort makes it necessary to withdraw the hand the oven is too hot; if no discomfort is felt at all it is too cool. Bread in shallow French pans must go into a quick oven and be browned at once; larger loaves should be kept in an oven cool enough to keep them without browning at least ten minutes.

Flour should be kept dry, as the least dampness will affect it. Where milk is used the milk should be boiled, not simply heated, and not allowed to be below a luke-warm temperature. An earthen vessel should be used in preference to wood or tin, as it can be kept cleaner and will preserve the temperature of "the sponge" better than the latter. If the flour is white, with a slightly yellowish or straw-colored tint, it is a sign that the flour is good. If it is very white, with a bluish cast, or with black specks in it, the flour is not good.

In the making of biscuit, rolls, gems, griddle cakes, etc., where baking-powder is used, the dough must never be kneaded, as the leavening properties of the baking-powder supersede the necessity for such work. The general rule of proportion is two heaping teaspoonfuls of the powder to each quart of flour, sifting the powder and flour well together in a dry state.

BOTTLED YEAST TO KEEP THROUGH WARM WEATHER.

Six medium potatoes grated, add twenty tablespoonfuls of flour, two tablespoonfuls of sugar, one tablespoonful of salt, one tablespoonful of ginger; stir the above smooth; add boiling water, the same as you make flour starch, only not quite as thin, then add yeast; when little bubbles appear stir it well and stir well every one-half hour all day, then bottle for use.

MRS. D. R. PARSONS.

HOME-MADE HOP YEAST.

Take a good pinch of hops and tie in a cloth; put over this one quart of water, add three good-sized potatoes pared and put all in a kettle to boil until potatoes are done. Take out the hops, mash the potatoes, and stir in about one quart of sifted flour, to which add one-half of a cupful of sugar. Have some prepared yeast ready, soaked, and, when cool enough, stir it into the other ingredients. Set to rise and then stiffen with corn-meal. Dry in the wind or shade. When dry cut in thin cakes, or leave in lumps.

MRS. L. A. HALL.

HOME-MADE YEAST—No. 2.

To one large or two small potatoes one pint of hops, one leaf of tansy, one-half of a pint of catnip leaves, add three quarts of water. Boil until potatoes are soft. Strain while hot over one pint of flour. When cool add one pint of home-made yeast (previously soaked). Stir in flour to form rather a stiff batter. Let rise from ten to fourteen hours. Thicken with corn-meal, form in small cakes and dry in a cool, airy, place, never in the sun.

HARRIET MALOTT.

POTATO YEAST.

Peel and wash three large potatoes throwing them into cold water. Put one-half of a teacupful of flour into a bowl with an equal amount of sugar and a tablespoonful of salt; over these grate the potatoes quickly and stir the whole well with a wooden spoon. Pour a pint of boiling water into the bowl, stirring it into the mixture, and add enough more of the boiling water to make the mixture of the consistency of thin starch. Should the preparation refuse to thicken put in a double boiler over the fire and stir it until it does thicken; then pour it through a fine sieve into a bowl and let it cool. When lukewarm stir in a breakfast-cupful of yeast, cover the bowl and set in a warm, but not hot, place and let it stand until light and covered with a white foam. When it commences to rise beat well and when it has thoroughly risen pour it off into wide-mouthed earthen jars, letting it remain for twelve hours, then cover the jars tightly and put in a cool place. One-half of a pint or so of the yeast should be put into a glass jar for making the succeeding lot of potato yeast. The jars should always be well shaken before the yeast is used.

M. E. K.

YEAST BREAD (WITHOUT KNEADING).

At noon take a dish (a two-quart lard pail is good for this purpose) and put into it one tablespoonful of salt, one tablespoonful of sugar and two tablespoonfuls of flour with enough cold or tepid water to mix to a

cream without lumps. Pour into this the *boiling* water in which potatoes have boiled for dinner. Put in at the same time a yeast cake (I use Yeast Foam) in a cup of cold water. When the yeast is cold pour the softened yeast cake and the water, in which it has stood, into the pail of yeast and let it stand until night. Then put all into the bread-pan, add flour, and make a batter. (If this is not enough for one baking a little water may be added.) Let rise until morning, then mix up hard and let it rise again. Do not mix down at all. When ready put in loaves and let rise until ready to bake. Excellent. M. A. McD.

BREAD MADE FROM DRY YEAST.

Put into the baking-dish two quarts of sifted flour, less one teacupful, to be used on the board when kneading; mix with it one teaspoonful of salt; rub in well one tablespoonful of either butter, Ko-nut or lard. Mix one-half of a teacupful of baker's yeast, or its equivalent, one-half of a cake of dry hop or compressed yeast, with one pint of luke-warm water and pour it into the middle of the flour, mixing the whole with a large spoon until the proper consistency for the dough has been attained, using either more water or flour, as may be needed. Knead the mass for about one-half of an hour and set in a warm place to rise. By morning it should have about doubled in bulk. Knead it over with a little flour, shape into loaves, and after it has risen in the pans put into the oven and bake. Do not have the oven too hot at first. When done take out of the pan and lean it against something until cool. Mrs. T. Anderson.

BREAD MADE FROM YEAST FOAM.

Take at night one cake of yeast foam and dissolve it in luke-warm water. Turn in a bread-pan and mix into it one quart of warm water to which has been added one tablespoonful of salt and one tablespoonful of sugar; add enough flour to make it just stiff enough to beat briskly. Set to rise. Next morning pour this sponge into two quarts of sifted flour with one pint of warm water and one tablespoonful of salt. Mix well into a smooth soft dough. When light make into four loaves and bake about one hour in a moderately hot oven. Anna L. Tholoney.

SALT RISING BREAD.

Put three teacupfuls of water, as warm as you can bear your finger in, in a two-quart bowl with three-fourths of a teaspoonful of salt. Stir in flour to make stiff batter. This is for the rising, or emptyings, as some call it. Set the bowl, closely covered, in a kettle, in water as warm as you can bear your finger in, and keep it as near this temperature as possible

Notice the time you set your rising. In three hours stir in two tablespoonfuls of flour, put it back and in five and one-half hours from the time of setting it will be within one inch of the top of your bowl. It is then light enough and will make up eight quarts of flour. Make a sponge in the center of your flour with one quart of water of the same temperature as the rising, stir the rising into it, cover over with a little dry flour and put it where it will keep very warm and not scald. In three-fourths of an hour mix this into stiff dough. If water is used, be sure it is very warm and do not work as much as yeast bread. Make the loaves a little larger and keep it warm for another three-quarters of an hour. It will then be ready to bake. While rising this last time, have your oven heating. It needs a hotter oven than yeast bread. If these rules are followed, you will have bread as white as snow with a light brown crust deliciously sweet and tender.

Mrs. Jennie Mills.

POTATO BREAD.

Take six good-sized potatoes, boil and mash very fine. Add three pints of boiling water. Stir in flour until you have a stiff batter. When it has become luke-warm add your yeast (about a penny's worth) and set the bread in a moderately warm place. Next morning add salt and knead in flour till it is very stiff. Set in a warm place to rise. Knead once more, adding very little flour. Let it rise once more, and put into pans, making them one-half full. When risen to the top of pans, bake to a good brown.

Mary Cook.

ENTIRE WHEAT BREAD (FROM COMPRESSED YEAST).

Take a quart of quite hot, but not scalding, water and dissolve in it one cake of compressed yeast, three tablespoonfuls of New Orleans molasses, two teaspoonfuls of salt and two tablespoonfuls of butter. When thoroughly dissolved add about eight cups of entire or whole-wheat flour, enough to make a good stiff dough, kneading it until it works clean from the hands. Set in a warm place to rise for about three hours, then work well and let it stand till light again, then work into four loaves and place in well-greased pans. Grease the top to prevent a crust forming, cover with a cloth and let stand till light—about one and one-half hours. Bake for thirty-five minutes in a moderately hot oven, not as hot as for white bread. This recipe makes most delicious bread—moist, light and tender.

The Grange Visitor.
Alvira Jones

RICE BREAD.

Allow one-half of a pint of ground rice to one quart of milk and water; put the milk and water over the fire to boil, reserving enough to wet the rice. Stir out the lumps, add a large teaspoonful of salt and when the milk and water boil stir in the rice, exactly as when you make gruel. Boil it up two or three minutes, stirring repeatedly; then pour it out into your bread-pan and *immediately* stir in as much flour as you can with a spoon. After it is cool (of this be very sure, as scalding the yeast will make heavy, sour bread, full of great holes), add a gill of yeast, and let it stand until morning. Then knead in more flour until the dough ceases to stick to the hands. It is necessary to make this kind of bread a little stiffer than that in which no rice is used, else there will be a heavy streak through the loaf. This is elegant bread and keeps moist several days.

MRS. HENRY COLE.

STEAMED BROWN BREAD.

To one well-beaten egg add two cupfuls of graham flour, one cupful of wheat, one cupful of molasses, a little salt and enough sour milk to which has been added soda to mix the ingredients to a stiff batter. Pour into a medium-sized buttered pan and steam two and one-half hours or longer, according to the size of the loaf. MRS. MARSELIJS.

STEAMED BROWN BREAD—No. 2.

The ingredients are: one coffee-cupful of graham flour, one coffee-cupful of yellow corn-meal, one coffee-cupful of white flour. Sift them together, sift into the flour one teaspoonful of salt, one teaspoonful of soda; one-half of a teacupful of sugar, three-quarters of a cupful of molasses (not syrup), two cupfuls of sour milk. Put all in a lard pail, cover tight, set in a kettle of boiling water. It must boil steadily for two and one-half hours. A. H. DUFFELL.

GRANDMOTHER'S BROWN BREAD.

Take three pints of rye-meal and add to the same amount of corn-meal. The yellow meal is preferable to the white. When meal is fresh do not scald it, but when it is old, or a little bitter, do so. When any squash is left over add a few spoonfuls to the meal. Use one-half of a teacupful of molasses, two teaspoonfuls of salt, and one teaspoonful of soda with one-half of a teacupful of yeast. Mix it with warm water as stiff as you can stir it. Butter two iron pans plentifully and put the bread in them. Have a bowl of cold water at hand, and smooth over the top of

the loaves, dipping your hand in the water. It rises very quickly, and should never be made over night in the summer. In the winter it may stand in a cool place, till nearly ready to bake. It wants a hot oven, and very long baking. A brick oven is the best, and then the loaves should remain in overnight. AGNES KENT.

INDIAN BREAD.

There is no bread so healthy as *good* Indian bread. Take three pints of rye-meal, three of Indian-meal; mix with this two tablespoonfuls of salt, one tablespoonful of soda, one cupful of molasses and one-half of a cup of yeast. Scald the meal. When that is cool add the rest. Let it rise four hours, then bake three or more. MRS. CLARKE.

WIDOW'S BREAD.

Mix two cupfuls of flour, one cupful of meal, one teaspoonful of baking-powder, one cupful of molasses, two eggs, and salt. Mix these ingredients together with warm milk and bake in a quick oven.

MRS. T. RUTHVEN.

GRAHAM OR ENTIRE WHEAT BREAD.

Take four heaping cupfuls of graham flour, one teaspoonful of salt, one-half of a coffee-cupful of molasses, one heaping teaspoonful of saleratus. This last must be dissolved in a little hot water and stirred into the molasses until it foams well. Pour it on the meal, add enough milk to make the dough as stiff as cake mixture; put it into two pans and bake until done. ANNIE L. C.

STEAMED ENTIRE WHEAT BREAD.

One-half of a cupful of molasses, one teaspoonful of soda dissolved in the molasses, one pint of sweet milk, one teaspoonful of salt. Take sufficient flour to make a thick batter. This must steam two hours.

ELSIE RICH.

HEALTHFUL CORN BREAD.

To one quart of corn-meal add a pinch of salt, one rounding teaspoonful of soda, one-half of a teacupful of flour, two or three eggs and some sour milk, enough to make a batter. MRS. LINA HUNTER.

RAISED CORN BREAD.

Add to a quart of buttermilk one-half of a cup of yeast; set in a warm place over night. In the morning add one pint of dry bread-crumbs, one-half of a cupful of sugar, two eggs, a teaspoonful of soda,

salt, and corn-meal enough to make a moderately stiff batter and stir well. Instead of baking steam this loaf, having for the purpose a tin pudding-form or bucket, with a close-fitting lid. Into this (well buttered) pour the batter in the morning. After standing an hour or two, and when perfectly light, place the bucket in a pot of boiling water, and steam it one and one-half or two hours. This will make a nice, light brown loaf.

M. J. Corliss.

STEAMED CORN BREAD.

Two and one-half cupfuls of sour milk, two cupfuls of corn-meal, one cupful of flour, two tablespoonfuls of sugar, one tablespoonful of soda, one tablespoonful of salt, two eggs. Put in cake-pan with a tube in center; steam three hours, closely covered, then put in oven to brown a little. Set pan in cold water a few minutes and it will turn out nicely.

G. D.

BAKING POWDER BISCUITS.

One quart of flour, three tablespoonfuls of best baking-powder, a teaspoonful of salt, one tablespoonful of sugar, one large spoon of butter and one-half of a pint of sweet milk. Mrs. O. J. Asire.

OLD-FASHIONED JOHNNY CAKE.

Two cups of corn-meal, one cup of flour, a pint of buttermilk, one heaping tablespoonful of lard and one heaping teaspoonful of soda. Add one-half of a cup of sugar and a little salt. Mrs. Mary Hilton.

CORN MUFFINS.

Sift together one and two-thirds cupfuls of flour, one cupful of corn-meal, either white or yellow, and three level teaspoonfuls of baking-powder; beat to a cream two tablespoonfuls of butter with three tablespoonfuls of sugar and add to them three well-beaten eggs. Dilute this with a pint of milk, add a little salt, beat hard and put into two dozen small, well-buttered gem-pans. Serve hot. They bake in a few minutes.

C. E. Silloway.

CORN MUFFINS—No. 2.

One quart of nice fine corn-meal, one teaspoonful of soda and one-half of a teaspoonful of salt. Sift the meal, soda and salt twice; then add one egg with sour milk enough to make a batter; have some well-greased muffin-tins hot, drop in the corn-bread batter in spoonfuls and bake quick.

S. J. Sawyer.

JOHNNY CAKE.

Take one cup of yellow corn-meal, one-half of a cupful of white flour add three tablespoonfuls of sugar, two tablespoonfuls of butter, one egg, salt, a cup of sour milk, and a teaspoonful of soda dissolved in the milk.

MRS. KIDDER.

CREAM MUFFINS.

One pint of flour sifted with one heaping teaspoonful of baking-powder; beat together one pint of cream and one tablespoonful of butter; add two beaten eggs, mix in the flour, drop in buttered muffin-molds and bake quickly. G. A.

ENGLISH MUFFINS.

Sift together one quart of flour, two teaspoonfuls of baking-powder, one teaspoonful of salt and one-half of a teaspoonful of sugar; mix in gradually one and one-quarter pints of milk, and beat into a stiff griddle-cake batter. Set the muffin-rings on a hot and well-greased griddle, and, when the muffins have been cooked on both sides to a delicate brown, pull them apart in the center and toast lightly. Butter well and serve hot. H. O. C.

SUPERIOR MUFFINS.

One quart of flour sifted with two heaping teaspoonfuls of baking-powder; add three tablespoonfuls of sugar, a piece of butter one-half of the size of an egg, one beaten egg and one teacupful of sweet milk. Beat quickly to a batter and bake in a quick oven, having the tins warmed in advance. J. R.

HONEY MUFFINS.

Sift together one and one-half pints of flour, two teaspoonfuls of baking-powder and one-half of a teaspoonful of salt. Work in two tablespoonfuls of butter; beat and add three eggs, one teacupful of honey and one-half of a pint of milk. Bake in a hot oven. J. J. M.

CHICAGO MUFFINS.

Mix together one and one-half pints of flour, one-half of a pint of corn-meal, two teaspoonfuls of baking-powder, one tablespoonful of sugar and one teaspoonful of salt. Work in one tablespoonful of butter; beat and add three eggs and one pint of milk, and beat the whole quickly into a firm batter. Have the griddle hot and well greased to receive the muffin-rings and cook to a nice brown. Muffin-rings should not, as a rule, be filled to more than one-half of their capacity, and as soon as the batter rises to the top the muffin is generally ready to be turned. M. A. C

NEW YORK RYE MUFFINS.

Sift and mix one pint of rye flour, one-half of a pint of corn-meal, one-half of a pint of flour, three teaspoonfuls of baking-powder, one tablespoonful of sugar and one teaspoonful of salt; work in one tablespoonful of lard and butter, and add two beaten eggs with one pint of milk; beat into a firm batter. Grease muffin-pans well and fill to two-thirds of their capacity. Bake in hot oven. L. E. B.

MOTHER'S TEA MUFFINS.

Sift two and one-half cups of flour with one teaspoonful of salt and two teaspoonfuls of baking-powder. Beat the yolk of one egg gradually, one-half of a cup of sugar and a cupful of milk, and add slowly to the flour, making a smooth, soft dough. Add a tablespoonful of melted butter and the beaten white of the egg. Fill the buttered muffin-pans half full and bake thirty minutes in a moderately hot oven.

ADINE MAUFITT.

BERRY MUFFINS.

(Superfine.)

One pint of flour, two teaspoonfuls of baking-powder, a little salt. Sift altogether, cream, one-fourth of a cupful of butter and two tablespoonfuls of sugar and add the beaten yolks of two eggs. Stir into the butter, sugar, and egg alternately, one cupful of sweet milk and the flour mixture. When smooth stir in the beaten whites of two eggs. Now have ready one cupful of fresh blackberries or blueberries thoroughly cleaned and sprinkled with sugar. Stir them in without breaking. Pour in buttered muffin-tins and bake about one-half hour. Serve warm.

R. G. J.

ENTIRE WHEAT MUFFINS.

Beat three eggs with a cup of milk; melt a tablespoonful of butter, add a tablespoonful of sugar, a little salt, two heaping teaspoonfuls of baking-powder. Mix in flour enough to make a batter. Bake in large round rings and when nearly done brush some sweet milk over the top of each. MRS. C. CHAPIN.

WHOLE WHEAT AND RYE MUFFINS.

Sift together one cupful each of wheat and rye flour, one tablespoonful of sugar, a pinch of salt and two level teaspoonfuls of baking-powder. Beat one egg lightly, add a generous three-quarter cup of milk and stir into the dry ingredients; then add three tablespoonfuls of melted butter and bake in hot oven twenty-five minutes. MRS. LIZETTE SPIEL.

MILK MUFFINS.

One cup of milk, three eggs, beaten till light; one tablespoonful of butter, one and one-half teaspoonfuls of baking-powder, flour sufficient to make the batter a little thicker than for pancakes. Bake in a quick oven in rings.

Mrs. T. J. Kelly.

GRAHAM MUFFINS.

Two cupfuls of graham flour, one cupful of wheat flour, three table spoonfuls of sugar, two teaspoonfuls of baking-powder, a pinch of salt, one egg beaten well, one cup of milk. Last add about one-half of a cup more of milk.

Mrs. Ellen Gorham.

BREAKFAST MUFFINS.

One pint of milk and two eggs. Beat yolks first then add milk. Add salt and a teaspoonful of sugar. Sift in flour till it is as stiff as it should be for cake, putting a dessert-spoonful of baking-powder on top of the flour. Stir all together then add the whites well beaten. Fill a ring or gem-pan full of butter, melt, and beat the entire mixture once more. Then pour into rings and bake ten minutes.

Mrs. George W. Gregory.

MUFFINS OF BUTTERMILK.

(Good.)

Use a pint of rich buttermilk and mix in sufficient flour to make the batter very stiff. Add an egg, beaten in, a little salt, and add last one-half of a teaspoonful of soda, dissolved in a very little hot water. Bake in patty-pans or rings. They require a quick oven.

Mrs. Julia Robinson.

GRAHAM GEMS.

Into two cupfuls of buttermilk beat one teaspoonful of soda and a little salt. Add two cupfuls graham flour, also one cup of wheat flour, and one-half of a cupful of sugar. Bake in gem-pans. They are nice for breakfast.

Mrs. Nellie Merritt.

GRAHAM GEMS—No. 2.

In a mixing bowl put two and one-half cupfuls of cold water. Sift in three cups of graham-meal, stirring briskly while you add the meal. Beat for five minutes, and drop them from the spoon into a hot pan and into a hot oven. This recipe I learned from a lady physician who has no faith in soda, yeast or molasses, as factors in producing good bread.

Mrs. Carrie Otis.

WHEAT GEMS.

Two and one-half cupfuls of sifted flour, one and one fourth cupfuls of milk, three eggs, sugar to sweeten, one tablespoonful of melted butter and two teaspoonfuls of baking-powder. Bake in gem-pans.

MRS. ALICE ALEXANDER.

ENTIRE WHEAT GEMS.

Two cups of whole wheat flour, a pinch of salt, a piece of butter the size of an egg, one cupful of milk and one teaspoonful of baking-powder. Beat for one minute and bake in gem-pans for one-half hour. MOTHER.

SCOTCH SHORTBREAD.

Rub together into a stiff, short paste two pounds of flour, one pound of butter and six ounces of loaf sugar; make it into square cakes, about one-half of an inch thick, pinch them all along the edge at the top; over the whole surface of the cakes sprinkle some white comfits; put the cakes on tins so as to touch each other on their edges, and bake in a slow oven.

MAGGIE BENNETT.

ILLINOIS POP-OVERS.

Beat two eggs together until thoroughly mixed; add one cupful of milk. Put one cupful of flour, sifted twice, into another bowl; add to it gradually the eggs and milk and a little salt; beat until smooth. Put at once into greased hot gem-pans and bake in a moderately quick oven for forty-five minutes. If properly baked, they should swell six times their original bulk, and may be used for breakfast or luncheon, or served with a liquid pudding sauce as a dessert. Iron gem-pans insure better results than those made of lighter metals.

SABYLLA I. MARTIN, Pawnee City, Neb.

BUNS.

Nice buns are made as follows: Mix two cupfuls of white sugar, two cupfuls of milk, one cupful of yeast and flour enough to make a thin dough —let it rise; after rising add one cupful of lard or butter, one grated nutmeg, and more flour. Rise again. When ready for baking cut and shape it into buns. Beat up an egg and spread over the top; rise in the pans a short time before baking.

LUCY SILLOWA.

ROLLS FOR TEA.

Make the rolls of bread dough. When they have risen enough, slit each roll lengthwise about an inch deep. When they are baked brush them with thin boiled corn-starch and water, and put back in the oven for a moment. The white of an egg will glaze them also.

MRS. HETTIE STANWOOD.

SPICED ROLLS.

Take a piece of your bread dough or baking-powder biscuit dough and roll it one-half of an inch thick, brush the top with melted butter and cover thick with cinnamon and fine white sugar; begin at one side and roll as jelly cake, then cut it an inch thick and lay in a pan as biscuits, close together, and let them rise. Bake twenty minutes. If baking-powder dough is used bake immediately. MRS. WALTER BUTLER.

ENGLISH BREAKFAST ROLLS.

Roll one-quarter of a pound of butter into a pound of flour; then add a teaspoonful of good yeast, and break in one egg. Mix it with a little warm milk poured into the middle of the flour; stir all well together, and set it by the fire to rise; then make it into light dough and again set by the fire. Make up the rolls, lay them on a tin, and set them in front of the fire before you put them into the oven, and brush them over with egg.

MRS. LILY FARNSWORTH.

RAISED CINNAMON ROLLS.

When yeast bread is ready to knead into loaves, take as much of the dough as is needed and roll out about two-thirds of an inch thick. Spread on top a thin layer of butter, then sugar, and upon this sprinkle cinnamon. Roll the dough as you would for a jelly-cake roll, and slice off as many rolls as you want. Put these in a pan to rise as you would light biscuits. When raised, bake a nice brown. MADGE E. MILLER.

SALLY LUNN (WITHOUT YEAST).

Three eggs well beaten, with one cupful of sugar, one teaspoonful of cream of tartar added to one cup of sweet milk; mix all together, then stir in enough flour to make a thin batter and add one-half of a teaspoonful of soda dissolved in a little hot water and also a pinch of salt. Stir briskly and put in a buttered pan and bake in a quick oven. Nice served hot for supper. MRS. S. H. LEET.

LOUISIANA RICE PONE.

One pint of boiled rice stirred in one pint of milk with a small teacup ful of corn-meal (white corn-meal preferable), four well-beaten eggs, a large tablespoonful of butter and lard melted together, one small teaspoonful of salt, all well mixed; beat in three heaping teaspoonfuls of baking-powder; bake and serve in ordinary pans well greased.

MILLIE POWERS.

DELICIOUS HOT RUSK.

One-half of a cupful of butter, one cupful of milk, two eggs, two teaspoonfuls of baking-powder, one-half of a cup of sugar, a pinch of salt and three cupfuls of flour. MRS. FOREST WEBB.

COFFEE CAKE.

Three-quarters of a sieve of flour, set with three cupfuls of luke-warm milk and compressed yeast dissolved in a little luke-warm water and one teaspoonful of sugar. When raised, put in three-quarters of a cupful of sugar, one-half of a cupful of lard and butter mixed, a small handful of salt, the rind of a lemon, or a little nutmeg. Add flour enough to make it stiff. Let rise again when roll out and put in pans. Put a little melted butter, sugar and cinnamon on top, then bake. MRS. C. CHICHESTER.

COFFEE CAKE—No. 2.

When I am making bread I save a cupful of yeast, add two eggs well beaten, one cupful of sugar, one teaspoonful of salt, one-half of a cupful of butter. Take a pint of sweet milk, warm, and flour to insure a stiff batter. Set it away till it has risen light. Then beat well and put in bread or cake-pans and let it rise once more. When light sprinkle sugar and cinnamon over the top of the cake and small pieces of butter. It usually takes one-half hour to bake this cake in a moderate oven.

MRS. MARY CASPER.

ENTIRE WHEAT DROP BISCUITS.

One-fourth of a cup of butter, two tablespoonfuls of sugar, one cup of sweet milk, two scant teaspoonfuls of baking-powder, a generous pinch of salt, enough whole-wheat flour to make a stiff batter. Drop by spoonfuls in heated pans and bake in quick oven twenty minutes.

A FARMER'S WIFE.

SODA BISCUITS.

I always have success with soda biscuits and will tell you how I make them. One quart of flour, with one small teaspoonful of soda and a pinch of salt sifted with it, one generous tablespoonful of butter, or lard rubbed

with the flour, and enough sour milk or buttermilk to make a soft dough. Roll out, cut into biscuits and bake in a hot oven. Putting the soda into the flour is much better than putting it into the milk.

MRS. M. J. SHARP.

PAN-AMERICAN RICE BISCUITS.

To every one-half pound of rice flour add one-quarter of a pound of sugar, one-quarter of a pound of butter and two eggs. Beat the butter to a cream, stir in the rice flour and sugar, and moisten the whole with the eggs, which should be well beaten. Roll out the paste, shape it with a round paste-cutter into small cakes and bake from twelve to eighteen minutes in a very slow oven. They are delicious. MAUDE CUTTING.

ABERNETHY BISCUITS.

Rub an ounce of butter into one pound of flour, adding a dessert-spoonful of sugar and one-half of an ounce of caraway seeds. Mix all together with two eggs, and, if necessary, a little milk. Roll the batter out, knead it into small rounds cakes, making holes with a fork to allow the steam to escape, and bade in a moderate oven.

MRS. JONATHAN DIXON.

ARROWROOT BISCUITS.

Beat one-quarter of a pound of butter to a cream; add gradually three well beaten eggs, one-quarter of a pound of flour, one-quarter of a pound of sifted sugar, and three ounces of arrow-root, pounded to crush the lumps. Mix all smoothly together. Have ready a well-oiled tin, and drop the biscuits from a spoon in pieces about the size of a silver dollar. Bake in a slow oven. CANDACE PHELPS.

CHOCOLATE BISCUIT.

(Especially appropriate for chocolataires and afternoon teas.)

Cover three large baking-pans with paper that has been well-oiled with washed butter. Over these dredge powdered sugar. Melt in a cup one ounce of chocolate. Separate the whites and yolks of four eggs. Add to the yolks a generous one-half cupful of powdered sugar, and beat until light and firm. Add the melted chocolate, and beat a few minutes longer. Beat the whites of the eggs to a stiff, dry froth. Measure out three-fourths of a cupful of sifted flour, and stir it and the whites into the yolks. The whites and flour must be cut in as lightly as possible, and with very little stirring. Drop the mixture in teaspoonfuls on the buttered paper. Sprinkle powdered sugar over the cakes and bake in a slow oven for about fourteen or fifteen minutes. The mixture can be shaped like lady fingers, if preferred. MISS PARLOA.

CHOCOLATE WAFERS.

(For receptions and chocolataires.)

Grate four ounces of chocolate and mix with it two tablespoonfuls of flour and one-fourth of a teaspoonful each of cinnamon, cloves and baking-powder. Separate six eggs. Add one cupful of powdered sugar to the yolks, and beat until very light; then add the grated yellow rind and the juice of one-half of a lemon, and beat five minutes longer. Now add the dry mixture, and with a spoon lightly cut in the whites, which are first to be beaten to a stiff froth. Pour the mixture into buttered shallow pans, having it about one-half of an inch thick. Bake in a moderate oven for one-half of an hour. When the cake is cool, spread a thin layer of currant jelly over one sheet, and place the other sheet on this. Ice with vanilla icing, and when this hardens, cut in squares. It is particularly nice to serve with ice-cream. MARIA PARLOA.

ENTIRE WHEAT CRACKERS.

Mix fresh-ground wheat-meal with pure soft water into a stiff dough. Roll out and cut the mass into thin crackers, not quite as thick as the Boston cracker of the shops, but larger in circumference, and bake in a brick oven. Be very cautious and not over-cook or burn them.

MRS. JANE PAPE.

SWEET CRACKERS.

One cup of lard, one and one-half cups of sugar, two eggs well beaten, one pint of sweet milk, five cents' worth of the oil of lemon and three tablespoonfuls of baking ammonia. Mix lard and sugar together, put in the eggs and milk, ammonia and lemon, and make a stiff dough. Roll thin as pie-crust, cut in squares and stick with a stiff dough. Better after ammonia evaporates a few hours. These crackers keep for months if desired. Have the druggist pulverize the ammonia.

MISS ESTELLA LANE.

OATMEAL CAKE.

Mix fine oatmeal into a stiff dough with milk-warm water; roll it to the thinness almost of a wafer; bake on a griddle or iron plate placed over a slow fire for three or four minutes; then place it on edge before the fire to harden. This will be good for months if kept in a dry place. Like hard crackers, it is an excellent article to exercise sedentary teeth upon. MRS. H. HINES.

HASTY TEA CAKE.

Mix with a pint of flour a piece of butter the size of an egg. Rub well with two teaspoonfuls of cream of tartar in flour. Powder fine one teaspoonful of soda. Add one cupful of *cold* water, making a stiff batter. Bake on tin for tea. If you prefer baking-powder use two teaspoonfuls of same in place of cream of tartar and soda. You can substitute sour milk or buttermilk for either and it makes the cake (or bread) much nicer. Bake quickly. MRS. LISSIE FORD.

PRETZELS.

Into two cupfuls of flour put one-third of a cup of butter, the yolks of two eggs and one whole egg, a pinch of ginger, one teaspoonful of salt, one-half of a yeast cake; then stir in enough milk to form a very stiff dough; turn the dough on a board and pound with the rolling-pin; let rise. Cut off small pieces, roll between the hands into strips, pinch the ends together to form small rings and let rise. Put them, a few at a time, into boiling water previously salted. Let cook until they begin to come to the surface. Take out quickly, sprinkle with salt, arrange in a greased baking-pan and bake a light brown. MRS. SPIEL.

FEATHERY FLAPJACKS.

One quart of yellow corn-meal, one handful of wheat flour, three teaspoonfuls of baking-powder, one and one-half teaspoonfuls of salt, one pint of sour cream, one teaspoonful of soda and two eggs; add cold water enough to make a thin batter and fry on very hot pancake griddle with plenty of fat. MRS. LESTER.

BUCKWHEAT CAKES.

Sift dry one pint of buckwheat flour and two teaspoonfuls of baking-powder, and add a tablespoonful of brown sugar with water sufficient to make a batter. Beat but lightly and bake at once on a hot griddle.

J. S. C.

RICE GRIDDLE-CAKES.

Take one-half of a teacupful of rice and boil; when cold mix with one quart of milk, the yolks of four eggs and two teacupfuls of flour sifted with two teaspoonfuls of baking-powder with a little salt; beat the whites of the eggs to a froth and add last. Bake on a griddle. E. F. A.

INDIAN GRIDDLE-CAKES.

Sift and mix together two-thirds of a quart of corn-meal, one-third of a quart of flour, one teaspoonful of brown sugar, two heaping teaspoonfuls of baking-powder and a one-half of a teaspoonful of salt. Add two beaten eggs and one pint of milk, beating into a smooth batter. Brown nicely on a very hot griddle. Serve with syrup. W. J. D.

FLANNEL CAKES.

Sift together one and one-half pints of flour, one tablespoonful of brown sugar, two teaspoonfuls of baking-powder and one teaspoonful of salt. Add two beaten eggs and one and one-half pints of milk and beat into a smooth thin batter. Bake on hot griddle to a rich brown color and serve with maple syrup. V. C. E.

ENGLISH PANCAKES.

Sift together one teacupful of flour, one teaspoonful of baking-powder and a pinch of salt; beat two eggs with one tablespoonful of sugar and dilute with one pint of milk and one teacupful of cream; make thin batter with flour. Cook in hot frying-pan with melted butter, using sufficient batter to cover the pan. L. R. G.

RICE PANCAKES.

Set a pint of new milk over the fire and when scalding hot stir in two spoonfuls of ground rice which has been mixed smooth in one-quarter of a pint of cold milk. Let it thicken, but not boil. Cool it, adding gently one-quarter of a pound of butter. When cold add white sugar, a little nutmeg, four eggs well beaten, and a little salt. Use as little lard as possible in frying these pancakes and make them light brown. Sift sugar over them, roll them to a round shape and cut slices of lemon to serve with them. Mrs. E. Waxel.

PANCAKES AU NATUREL.

Use two eggs, one-quarter of a pint of flour, butter, one-half of a pint of milk, one tablespoonful of sugar. Rub a little salt into the flour in a basin, make a hole in the center, stir in part of the milk until the flour is well mixed; break in one egg and beat with the flat side of a spoon for five minutes, add the other and beat until the surface is covered with air bubbles, then mix in the remainder of the milk; melt a piece of butter as large as a walnut in a small sauté-pan and pour in sufficient batter to

make a thin pancake; shake the pan gently for two or three minutes, then turn the pancake with a plate, or toss it, and brown the other side; when done serve on a napkin on a plate, to absorb the grease, sprinkle with sugar and lemon juice and eat immediately. MRS. L. J. MANN.

FRENCH PANCAKES.

Two cupfuls of flour, one heaping teaspoonful of baking-powder, three eggs, a pinch of salt and one cupful of milk. Beat thoroughly and fry on a hot griddle. Roll up and fill with any kind of cold meat, chopped fine and fried in butter. MRS. JOHN SPIEL.

ADAM'S ALE (WATER) PANCAKES.

Sift two teaspoonfuls of baking-powder into two and one-half cups of sifted flour, one heaping tablespoonful of corn-meal, one heaping tablespoonful of sugar, one teaspoonful of salt, two eggs well beaten. Mix flour, corn-meal, sugar and salt, and into this mixture beat enough cold water to make a thin smooth batter, then add beaten eggs, and beat well; if the batter is not quite thin add a little more water until it is. Bake on a hot griddle. MARY KELLEY.

CORN-MEAL GRIDDLE-CAKES.

Take two cupfuls of yellow corn-meal, sift, and put one teaspoonful of salt in meal, pour on boiling water until it is a stiff mass, let cool, add one tablespoonful of butter, one cupful of flour, enough water to mix rather stiff; bake on hot griddle. JENNIE M.

VELVET BREAKFAST CAKES.

Put a pint of new milk on the fire; let it simmer a few minutes. Stir into it a piece of butter the size of a walnut. Add salt, and three spoonfuls of good yeast, with three well-beaten eggs. Mix with these sufficient flour to make a soft dough. Knead all well together and put the mixture in a warm place in a basin with a cloth over it for two hours. Then make it up into small cakes, lay them on a well-oiled tin, and bake in a quick oven. MAMIE PECK.

BREAKFAST GRIDDLE-CAKES.

Take one pint buttermilk or sour milk, one teaspoonful of salt and soda, two eggs. Then thicken with flour and cook on a hot griddle just before eating. MRS. M. E. H.

SNOW PANCAKES.

Freshly fallen snow can be used instead of eggs in making batter for pancakes. Care must be had that the snow is as pure as possible. The batter should be made rather thick, and the snow mixed with each pancake, just before it is put into the pan. Two tablespoonfuls of snow will be equal to one egg. Graham gems can also be made by substituting snow for eggs, but putting three parts of snow to two of graham. Put into a hot oven and bake quickly. V. A. W.

WAFFLES.

To a pint of milk put two eggs, two ounces of butter, one-half of a gill of yeast, a little salt, and flour enough to make a batter. The milk and butter are to be warmed together. Beat the eggs and mix with the flour. Add the salt and yeast. The iron must be heated on hot coals and buttered and one side filled with batter, then shut up and laid in the fire. After a few minutes turn it upon the other side. SOPHIA MONTROSE.

HOMINY WAFFLES.

One teacupful of cooked hominy, one egg, one tablespoonful of butter, a little salt, one pint of milk, one pint of flour, one heaping teaspoonful of baking-powder; beat the egg light, add butter, salt and hominy then add the egg, beat in the milk and sift in slowly the baking-powder and flour; beat all together and bake in a waffle-iron. MINNIE NORTH.

JOLLY BOYS.

Mix together thoroughly while dry one and one-half pints of rye-meal, one-half of a pint of flour, one-half of a teacupful of corn-meal, two pinches of cinnamon, a little salt and two teaspoonfuls of baking-powder. Add one egg, well beaten; two tablespoonfuls each of molasses and sugar, and cold water enough to make a thick batter. Fry in hot lard a heaping tablespoonful at a time and cook until well browned.

ANNA BIGSBY.

WILHELM WAFFLES.

Mix one quart of flour with three tablespoonfuls of sugar, two large teaspoonfuls of baking-powder and one-half of a teaspoonful of salt; work in two tablespoonfuls of lard or butter and add four beaten eggs with one pint of milk and the grated rind of a lemon. Beat into a smooth, stiff batter and bake in hot, well-greased waffle-iron. Sprinkle with sugar before serving. HILDA

SOFT WAFFLES.

Sift together one quart of flour, two teaspoonfuls of baking-powder, one teaspoonful of sugar and one-half of a teaspoonful of salt; rub in butter and add two beaten eggs with one and one-half pints of milk. Mix the whole into a smooth batter and pour into hot and well-greased waffle-irons. Sprinkle with sifted sugar and serve hot. MRS. A. M. WHITE.

RICE WAFFLES.

One teacupful of flour sifted with a teaspoonful of baking-powder, one coffee-cupful of cold boiled rice, one tablespoonful of melted butter, one-half of a teaspoonful of salt and three beaten eggs. Mash the rice fine, add the butter, then two teacupfuls of milk with the flour and finish with the eggs. Beat all together. Have the waffle-irons hot and well greased with butter. Fill three-quarters full and let the first side be well browned before turning. MINERVA RORER.

SCONES.

Two cupfuls of flour, two teaspoonfuls of baking-powder, one-half of a teaspoonful of salt, one-third of a cup of sugar, three tablespoonfuls of butter, one egg, currants if desired. Add enough milk to make a soft dough, divide in half, flatten with the hand into a round cake the thickness of a biscuit, mark with a knife into four scones and bake quickly.

MRS. N. T. MORDEN.

HEALTH MUFFINS, GEMS, MUSHES, ETC.

See Part II, under head of "Cereals and Farinaceous Dishes."

PLAIN SHORTCAKE.

Take two cupfuls of flour, two tablespoonfuls of butter, one cupful of milk, one teaspoonful of baking-powder, one egg and a little sale. Beat well with a spoon. Pour this into the baking-pan and smooth a little with the spoon. MOLLIE.

STRAWBERRY OR PEACH SHORTCAKE.

Rub a piece of butter the size of an egg into a little flour, pour in two cupfuls of sour cream, one teaspoonful of soda and a little salt. Mix into dough and roll into cakes one-half of an inch thick and ten inches in diameter. Prick with a fork and bake in a quick oven. When done split them open with a knife and spread with nice butter, lay the bottom piece on a plate and cover it with strawberries nearly an inch deep. (It is better to have the strawberries sprinkled with sugar a few hours before

they are put into the cake.) Put over this the top of the cake with the crust side down and a layer of strawberries again; over this lay the bottom piece of another cake and more berries and put on the top piece right side up. Serve with sweet cream. Short cakes are sometimes made in this way by substituting raspberries or other fruit for strawberries.

MINNIE SMITH.

STRAWBERRY SHORTCAKE—No. 2.

Beat four eggs and one cup of powdered sugar well. Add one cup of flour one and one-half teaspoonfuls of baking-powder, two tablespoonfuls of water. Stir the flour and baking-powder in well. Then add the water. Bake in one layer for shortcake. MRS. O. B. PRICE.

VANILLA FRITTERS.

Place three heaping tablespoonfuls of sifted flour in a bowl, add one-fourth of a teaspoonful of baking-powder, one tablespoonful of stale macaroon crumbs, a pinch of salt, the yolk of an egg and a dessert-spoonful of melted butter; mix thoroughly and add by degrees three-quarters of a teacupful of luke-warm water; beat to a smooth cream, add the whites of two eggs whisked to a firm froth and a teaspoonful of vanilla. Have ready a saucepan half full of boiling fat, drop the batter by spoonfuls into this and fry till of a light golden brown. Take out quickly, ain carefully on clean kitchen paper and serve piled high on a doily. Dust with sifted sugar before serving. MRS. A. MACDONALD.

APPLE OR BANANA FRITTERS.

Make a batter of a cup and one-half of flour, with two teaspoons of baking-powder sifted through it, one egg, one-quarter of a teaspoonful of salt, two-thirds of a cup of milk, a little sugar. Pare, core and cut into slices three small sour apples. Stir them into the batter. Drop from the spoon into plenty of boiling lard. Take out with a skimmer and sprinkle powdered sugar over them. A little cinnamon added to the sugar is an improvement. Send them to the table hot. MARY REUNS.

TOAST

THE object of toasting bread is to extract the water, enabling it to digest more freely.

Bread should be warmed first for the purpose of drying, then toasted carefully a pale gold color. By this method the moisture is drawn out, and thus becomes the pure farina of wheat which is easy to digest. The fire should be clear and hot, the bars clean. The bread should be cut one-quarter of an inch thick, the crusts trimmed and sent to the table as soon as done. Some prefer the moist toast instead of dry; in that case, after buttering, pour a very little water from the tea-kettle upon it, letting it penetrate the slices

GERMAN TOAST.

Cut slices of stale bread, dip them in enough milk to soften, then dip in beaten egg; put in a pan with just sufficient butter to fry brown as an omelet, then serve. Like pancakes, the hotter the toast the better.

MRS. ROTH.

HAM TOAST.

Chop cold boiled ham very fine, toast slices of bread and butter them. After laying the ham on the toast place in the oven for a few minutes. Beat up six eggs with milk and salt and pepper. Pour the eggs into a saucepan with a lump of butter and stir till thick, but do not boil. Put the ham and toast on a platter, pour the eggs over, and serve.

MRS. TILLIE MONREAL.

TOAST FOR GAME.

Toast slices of bread one-third of an inch thick till brightly browned on both sides. Cut off the crust, hold the bread over a bowl of boiling water for a minute to imbibe the steam, and butter well. Soak them in the dripping in the pan under the birds, and when these are ready, serve them upon it.

MRS. H. COLLIER.

MEAT TOAST.

Take the remains of a cold roast, mince finely, and mix with a pint of it, including the gravy, two well-beaten eggs, one tablespoonful of chopped parsley, and one onion, minced fine. Stir the mixture over a slow fire until it is thick. When cold spread it on pieces of toast, brush it over with beaten egg, strew bread-crumbs on the top, and bake in a moderate oven. Just before serving, squeeze a little lemon juice over the toast. MRS. C. O. POND.

TOMATO TOAST.

Toast bread quite brown. Stew a pint of ripe tomatoes, season with salt, pepper, a little butter and a teaspoonful of sugar. Add one-half of a cup of cream. Scald the cream only. Pour the tomatoes and cream over the toast. MRS. T. FREEMAN.

TOMATO TOAST—No. 2.

Take six tomatoes, pare and arrange in a layer on a buttered pan, sprinkle over some fine bread-crumbs, one-half of a teaspoonful of salt, pepper, one tablespoonful of butter dotted on top, and bake in a hot oven twenty minutes. Serve on hot buttered toast. Pour the gravy in the dish over all. MRS. R.

SHAD-ROE TOAST.

Throw the roe into boiling water, add a slice of onion and one teaspoonful of salt; simmer gently for twenty minutes and drain. With a fork remove the membrane. In the meantime toast a few, cut off the crust and spread with the roe; over the whole sprinkle the yolks of two hard-boiled eggs crumble fine. Lay over the whites cut in rings. Serve hot. MRS. A. B. PETERS.

SAUSAGE TOAST.

Fry six link sausages; remove the skins and mix with a grating of good cheese, such as Parmesan, and a tablespoonful of mixed mustard; spread the mixture on hot buttered toast. Excellent for luncheon.

LIDA.

TOAST—AU GRATIN.

Toast circular pieces of bread, pouring a little hot water over to keep them soft. Butter and grate over them some English dairy cheese. Put in the oven to brown and serve very hot. MRS. L. CRIBBEN.

ARME RITTER.

Cut one-half of a loaf of bread two days old into slices one-quarter of an inch thick, dip each slice into cold milk, lay them on top of one another, pour a little milk over the whole and let them lie ten minutes. Beat up two eggs with two tablespoonfuls of milk, dip each slice into the beaten egg and fry in half lard and half butter to a light brown on both sides. Serve, dusted thickly with white sugar. LUCY CALDWELL.

MILK TOAST.

Toast six or eight slices of bread a nice brown. Put a quart of milk over the fire, and mix a tablespoonful of flour with a little salt, in a cupful of cold milk. When the milk commences to get pretty hot add the flour, a large piece of butter, and stir constantly until it boils. Do not let it scorch. Then dip the toast, a slice at a time, in the boiling milk after lifting it to the back of the stove. Lay the toast after dipping in a deep dish and then pour the contents of the saucepan over it, cover it to keep hot, and serve. Some prefer not to thicken the milk.

MRS. MATTIE HINTON.

TOAST WITH SARDINES.

Scrape and bone sardines, lay them on a plate; sprinkle them with lemon juice and a little cayenne pepper. Stand them in the oven until thoroughly hot: have ready some neat slices of hot-buttered toast; lay the sardines on these and serve at once. LORAINE M.

FRUIT TOAST—AS A DESSERT.

Slice the bread for toast exceedingly thin but use plenty of butter. Take a pint of cherries that are stemmed and put into a kettle with one-half of a pound of sugar and a very little water. Stew the fruit tender and cover the toast with the fruit and syrup, and set away on ice till cold. Other fruit may be used in the same way. NELLIE B.

ZWIEBACH.

This is a German name for a toast made from rusks which are split in slices one-half of an inch thick and dried in a very slow oven until dried through and turned yellow. They make good cream toast. Vienna bread may be dried in the same way. M. HOOVER.

BEEF TONGUE TOAST.

The tongue of beef makes a fine toast. Grate a boiled tongue, mix parsley, salt and pepper with it and make a paste of it by adding the yolks of eggs. Keep it hot but not boiling; place it on toast as thin as can be made, sprinkle cracker crumbs over and set it in the oven till ready.

MRS. KATE WREN.

KIDNEY TOAST.

Chop parsley and a little shallot and place them in a pan with two small kidneys after first chopping the kidneys very fine. Take off the outer skin and the sinews of the kidneys before mincing them. Fry the whole in butter. Then add a tablespoonful of Worcestershire sauce, sprinkle in a teaspoonful of flour and boil for three minutes, salt and pepper to taste. Butter thin slices of toast, cover them with this mince, and over that lay a thick covering of bread-crumbs mixed with a little grated Parmesan cheese. Let them stand in a quick oven for ten minutes and then they are done.

MRS. PAMELIA MONTFORT.

CREAM TOAST MADE OF BROWN BREAD.

Toast to a golden brown one-half of a dozen or more slices of entire wheat or graham bread and dip into a sauce made as follows: One pint of cream and milk mixed, a lump of butter and a pinch of salt. Put into a granite pan and let come to a boil but not boil. Now stir in a little flour first stirred to a cream with a little cold milk and when it boils drop in the toast, one piece at a time. Let it simmer a couple of moments and it is ready to serve.

C. A. D.

LEMON TOAST.

Slice bread and dip it into milk a cupful of which has been beaten up with the yolks of two eggs. Fry the bread a light brown. Take the whites of two eggs, beat to a froth, add one-quarter of a cup of sugar, the juice of one-half of a large lemon and a cupful of boiling water. Pour over the toast and serve.

MRS. M. CHANDLER.

CODFISH TOAST.

Pick up a small quantity of freshened codfish. Slice an onion and fry in an ounce of butter. Then add the fish with water to cover. Slice three fresh tomatoes and add to the mixture cooking the whole one-half to three-quarters of an hour, adding a very little cayenne. Pour it over buttered toast.

MRS. MARY GOODRICH.

FRENCH TOAST.

Beat two eggs, salt and a cupful of milk and dip thin slices of bread into this, and then plunge into hot butter; fry to a golden brown and serve hot. MRS. P. LAPOINTE.

TOAST—A LA DUCHESSE.

Beat one egg, a coffee-cupful of milk and a little salt and sugar together. Soak stale bread in this, and put on a gridiron or toaster, and brown both sides. Butter the slices and serve with jelly.

MRS. CATHERINE KENNEY.

TOASTED ENGLISH MUFFINS.

Open the sides of the muffin, exactly in the middle, for one-half of an inch. Insert the toasting-fork and toast it lightly. Then pull it apart, lay butter on each one-half and close the muffin. Put it on a hot plate. If more than one is needed, lay the rest on top, but it is better not to toast more than two at a time as they are nicer hot. These are fine served with maple syrup. MRS. F. EVANS.

DEVILED TOAST.

Use whole wheat or brown bread one day old or over, cut in thin slices and toast slowly until a golden brown. Spread with butter to each tablespoonful of which has been added one-quarter of a teaspoonful of dry mustard, one-quarter of a teaspoonful of paprika and eight drops of onion juice. Sprinkle with a little grated cheese and set in a hot oven for three minutes. MRS. EDMONDS.

APPLE TOAST.

Peel, core and quarter one-half dozen apples, and cut them in slices; put a piece of butter the size of an egg in a saucepan, add the apples and throw over them five small tablespoonfuls of powdered sugar and two of water. Stew quickly. Fry slices of bread a nice yellow color in a little butter, place on a dish, cover with a little sugar and the apples. Serve hot. L. J. E.

ANCHOVY TOAST.

Make nicely browned toast, two inches wide and four inches long. Spread with anchovy butter while hot. Set a moment in the oven and serve at once. D. A. V.

SALMON TOAST.

Cut slices of bread, trim off the crusts, and toast to a golden brown; butter and lay on each slice a very thin slice of smoked salmon; sprinkle with pepper, lay over a sheet of buttered paper, and place in a hot oven for five minutes. Serve hot for breakfast or luncheon. H. J. L.

CAVIAR ON TOAST.

Caviar is not liked by everyone but is becoming quite a fashionable dish. Buy it in cans of the grocer. Prepare as many slices of toast of white bread as desired; place in a saucepan two tablespoonfuls of caviar and one tablespoonful of cream, heat for two minutes, stirring carefully. Pour this mixture over the toast and serve hot.

BEEF MARROW ON TOAST.

This is a strengthening dish. Put some pieces of marrow in a saucepan of well-salted boiling water and let them remain for one minute. Drain off the water; take out the marrow, spread it on some pieces of toasted bread, place in the oven, and cook for six minutes. Sprinkle over salt and pepper and serve hot.

STUFFED ROLLS.

Procure some small fresh rolls, long in shape. Cut in two lengthwise, scoop out most of the soft part. Mix well one teaspoonful butter, one dessertspoon potted ham, half a hard-boiled egg chopped fine, one radish sliced thin, two leaves lettuce cut up small. Spread this on both sides of rolls and close them. Serve on a napkin. MRS. GEORGE CAMPBELL.

Sandwiches and Canapes

SANDWICHES are the sole dependence of the picnicker. They are also much used at luncheons, afternoon teas, etc. When nicely made they are very appetizing. White, graham, brown bread, or rolls, may be converted into sandwiches, and each according to the individual taste. There is no limit to their filling, for eggs, meat, fowl, fruit, fish, salads, jams and chopped nuts are all pressed into service. Their shape can be varied; they may be cut in circles, or rolled like omelets, but the most common form is the square or triangular.

The materials used in a sandwich should be minced or sliced as fine as possible so that they may be eaten with little trouble, and the seasoning should be added to the filling. Butter should be of the finest quality, and spread so smoothly that it will not flake off when the sandwich is handled. Graham, rye, or brown bread is very tender and nutritious, and many prefer them to the white. A square loaf cuts up nicely. But no sandwich should have the crust left on, and the slices composing it should be thin and of equal size.

When fish is used it should be pounded to a paste and mixed with another paste made of hard-boiled eggs, cream, and butter, seasoned.

LETTUCE SANDWICHES.

Sprinkle fresh crisp lettuce leaves with a little salt and lay them a few moments in a folded napkin, then lay them between slices of bread that have been buttered. Spread over a dressing of Mayonnaise or not, as preferred.

MRS. L. KAY.

OLIVE SANDWICHES.

Stone and chop olives and mix with Mayonnaise. Butter the bread, which must be cut very thin. Either white or brown bread may be used.

A WESTERN GIRL.

BAKED BEAN SANDWICHES.

Beat one-half of a cup of baked beans to a smooth paste. Add one-half of a teaspoonful of chopped parsley and celery, one-quarter of a teaspoonful of onion juice and made mustard enough to just cover the end of a teaspoon. Spread between slices of graham or rye bread.

MRS. CORNIE LAWSON.

"RAMONA" SANDWICHES.

These are fancy bits used at a company luncheon in honor of Helen Hunt Jackson's pretty Indian story and are well worth the trouble of making. Chop about equal quantities of figs, dates, raisins, citron or any candied fruits and a tiny bit of candied peel. Place lightly in a square or round mold the shape of the sandwiches and pour over it crab-apple jelly. Move a fork gently through the mass to be sure the jelly settles all around the fruit. Set the mold in a cold place until firm; then turn out and cut off in thin slices. Serve on thin bits of New England brown bread very lightly buttered. CALIFORNIA GIRL'S FAVORITE.

TURTLE SANDWICHES (FOR HALLOWEEN AND CHILDREN'S PARTIES).

Cut as many thin slices of brown and white bread as are desired for sandwiches, trim off the crust and shape into three and one-half inch squares. Butter lightly and spread carefully between two slices any filling desired—meat, cheese, nut or fruit. Now slice lengthwise into halves some small cucumber pickles (sweet or sour), and stick one of these in each corner of the sandwich for the feet of the turtle, and a tiny one for the tail. Run a toothpick through a narrow and short piece of bread and stick it in the opposite end of the sandwich from the tail. On the end of the toothpick put a thin piece of a small carrot cut crosswise. Behold! you have the turtle. Serve singly on individual plates with olives made after the fashion of Natural History Objects. MRS. A. E. FOWLER.

EGG SANDWICHES.

Pound the yolks of eggs with a small quantity of butter in a mortar and add cheese, also well pounded. Make into sandwiches.

JANE HALL.

EGG SANDWICHES—No. 2.

Boil six eggs ten minutes, throw them into cold water, take off the shells and cut them into slices; prepare thin slices of bread and butter, place the eggs between; season with salt, pepper, and a little dry mustard; trim and cut the sandwiches. MRS. FULLER.

BOSTON GIRL'S SANDWICH.

One slice each of white and brown bread, cut thin and buttered, spread well with mashed Boston-baked beans, thinly strewn with finely-chopped mustard pickles, or salted water cress or the petals of nasturtium flowers. A. F. F.

JAM SANDWICHES.

Mix the yolks of two eggs very smoothly with a tablespoonful of flour and a tablespoonful of ground rice, add a small pinch of salt, a tablespoonful of sugar, one-half of a pint of thick cream, and one-quarter of a pint of new milk. Beat the whites of the eggs to a firm froth, add them last of all, and beat the mixture for four or five minutes. Butter two large plates, put in the mixture, and bake in a quick oven until it is set and lightly browned. Spread jam over one of the cakes and lay the other upon it, the browned part uppermost. Sift sugar over it before serving. Jam sandwiches are eaten either hot or cold. MRS. TESSIE DUNN.

GAME SANDWICHES.

Cut the meat in very thin slices from partridges, grouse or any game that has been roasted and shred some celery. Lay the meat on delicately thin fresh toast—it should be crisp, and not tough—strew celery over and season well with tartar sauce. MRS. FRANCES LEEDS.

GERMAN SANDWICHES.

Use graham or rye bread. Butter plentifully and put mustard on it. Then add a layer of chopped olives over and one of cottage cheese last.

MRS. JAMES GRAHAM.

HOT BEEF SANDWICHES.

Bruise and scrape raw beef. Spread it between two slices of bread, with salt and pepper. Place the whole on a griddle; heat thoroughly over live coals, or take slices of hot roast beef and lay between slices of bread and dip over a spoonful of gravy. MRS. MAY NELSON.

BEEF AND POTATO SANDWICHES.

Fry slices of cold corned-beef very lightly and spread on each side a heavy layer of mashed potatoes, press it down on the meat with a knife. Dip the whole in egg and bread-crumbs, fry them in drippings a very light brown and serve hot. MRS. CAROLINE DILL.

DUCK SANDWICHES.

These must be made of the smoked breasts of ducks cut in very thin slices. Cut hard-boiled eggs into thin rings, lay over the duck, squeeze a little lemon juice over them, a sprinkle of salt and pepper, and cover them with well-buttered slices of bread and butter. MRS. C. CHOATE.

CHICKEN AND HAM SANDWICHES.

Mince cold chicken and add a little minced cold ham. Stir in a cup of boiling gravy. Set the whole before the fire for a few moments. Cut slices of old bread with a round tin cutter and fry them. Spread a layer of the fowl and ham between two of them, add a small piece of cheese and butter made into a paste. Run the sandwiches in the oven, which should be pretty hot, for five minutes. Serve them hot on a folded napkin at tea-time. MRS. CONNIE LARKIN.

DATE SANDWICHES.

Take some fine Turkish dates, and mince them fine. Add a little water, cooking them in a double boiler till they are soft and pasty. Add a little lemon juice, one-half of a teaspoonful. Cool the dates and spread on thinly cut bread. Sprinkle with finely chopped hickory nuts, and cover with buttered bread. MRS. MARY LENNAN.

HICKORY NUT AND BANANA SANDWICHES.

To one-half of a cupful of chopped hickory-nut meats add about two bananas sliced. The banana must be firm and not over ripe. Spread between thin slices of brown bread. Delicious. MRS. R. A. BROWN.

ANNIVERSARY OR VALENTINE SANDWICHES.

Have white and brown bread one day old. Prepare by spreading the end of the loaf with soft butter or mayonnaise dressing and cutting off in thin wafer-like slices until the requisite amount has been cut. Then with a heart-shaped cooky-cutter cut from each slice of brown bread, a generous heart and from each white slice a diamond-shaped piece. Have ready some pounded nuts and any two kinds of filling that you prefer. On a slice of the spread brown bread put a thin layer of one kind of filling, cover with a slice of the brown bread. Use the other kind of filling on the white bread and cover with the white bread. Prepare a number in this way, then reverse the order. J. T. G.

APPLE AND CELERY SANDWICHES.

Peel and chop very fine two large, tart apples and one-half of a dozen of the small inside stalks of celery; sprinkle lightly with salt; spread between thinly cut slices of buttered brown bread. JULIA BROWN

NUT SANDWICHES.

Chop equal quantities of pecan meats and sour apples. Spread between two slices of thin, buttered bread. Spread lightly with mayonnaise. Very appetizing. AMY SMITH.

WELSH RAREBIT SANDWICHES.

Take mild cheese and put it into a mortar with two ounces of butter, a teaspoonful of mustard, pound well and dilute with good cider vinegar. Spread the mixture between slices of bread. MRS. F. HOLLY.

CHICKEN SALAD SANDWICHES.

Prepare chicken salad (see recipe for chicken salad). Cut slices of bread very thin, remove crusts, spread very thinly with the salad and press together. JANE.

CUCUMBER SALAD SANDWICHES.

Very nice to serve with fish course for dinner. Slice cucumbers very thin, put on them a dressing of olive oil, lemon, salt and a dash of red pepper. Let stand one hour; lay between thin small squares of white bread. Serve at once. MRS. F. JONES.

FISH SANDWICHES.

Cut bread and butter as for other sandwiches, place thin scallops of any fish on the slices, and instead of mustard use tartar sauce. Put a layer of finely-sliced lettuce on the top of the sauce, and cover with bread and butter. Serve cut into squares. Thin slices of harb-boiled eggs may be added. M. T. THOMAS.

HAM SANDWICHES.

Slice ham very thin, slightly butter bread and put a slice of ham between. Lettuce leaf put on top of ham is an improvement.

JULIETTE.

CLUB HOUSE SANDWICHES.

(Excellent.)

Toast thin slices of brown or white bread; butter lightly and lay over thin slices of crisp fried bacon. Lay on another thin slice of toast then thin slices of chicken well seasoned, another slice of buttered toast and then a thin layer of cucumber pickle sliced crosswise. On top of this put another slice of buttered toast, and you have a sandwich fit for a prince.

GUNTHERS, CHICAGO.

SARDINE CANAPES.

Take sardines, the yolks of three or four hard-boiled eggs, a little butter, mustard, pepper, and vinegar, slices of toast. Cut some slices off a roll neatly into oval or octagon shapes. Toast slightly, or fry in oil or butter till they are of a nice yellow color. Strip the sardines of the bones: lay one-half of them aside, and pound the other to a smooth paste with the eggs and butter. Add the mustard, pepper and vinegar. When these ingredients are well mixed, spread the paste over the prepared slices of toast. On the top lay the other one-half of the sardines, cut into small strips, stand them in the oven and serve very hot.

MRS. M. WATERS.

PLAIN CANAPES.

Toast thin slices of bread from which the crust has been removed, and butter them a very little. Either potted meat or fish can be spread over them. The grated cheese that comes in little jars makes nice ones. Place two slices together and cut into strips before bringing to the table.

MRS. HERMAN.

JEFFERSON CANAPES.

Trim three slices of bread evenly, toast a light brown and lay them on a platter. Slice lean cooked ham thin with a little mustard on it and place on each slice also a layer of cooked mushrooms and tomatoes. Dredge grated Parmesan cheese on top, and strew fresh bread-crumbs over the whole. Place in a hot oven for ten minutes. Lay on a heated dish, cover with a folded napkin and serve.

MRS. J. L. WALTERS.

OYSTER CANAPES.

Select one-half dozen large oysters and chop them quite fine. To their bulk add a teaspoonful of fine bread-crumbs, a piece of butter as big as a walnut and one-quarter of a cup of very thick cream. Season with salt and pepper. Let it simmer over the fire a few minutes. Butter some slices of bread one-eight of an inch in thickness and lay them on a hot dish. Pour the mixture over the bread and serve hot.

MRS. FREDERIC MONTEITH.

THERE are but few housewives who consider a dinner complete to-day without cheese of some kind in some form.

Many kinds, however, are considered a luxury even by the well-to-do, owing to the fact that they are made across the water and duty on them is high. Americans have tried to imitate the making of native European cheese and in some instances have succeeded, but in others have failed.

The monopoly of the trade on the Roquefort cheese, is still retained by France. This cheese comes from the town of the same name, southwest of Paris. It is made from cow's milk and the little green specks in it are merely coarse crumbled bread which the peasants throw in when making the cheese. After the cheese is made it is carried to cellars regularly prepared where it is left to cure.

Brie cheese originally came from the town of Brie, north of Paris. It, too, is made of cow's milk. Unlike the Roquefort, however, it has been successfully imitated in America. At the present time very little is imported from France. The Limburger cheese which was once manufactured abroad is to-day made very successfully in this country. The Edan cheese is still brought to this country in large quantities. So far, Americans have never been able to imitate the Hollanders in making it. The Parmesan cheese, so much desired by French chefs, is made only in Italy. Sago cheese, made from the milk of goats, is manufactured in Switzerland. The cheese mostly made in America is that known as English cheese. Americans have quite solved the method of making it to perfection. To-day more of our cheese is exported to England than has ever been imported from that country to America.

HOW TO KEEP CHEESE MOIST.

Cheese dries very fast and soon becomes too hard for the table. Anything that excludes the air will prevent its drying. Keeping it under glass is a good method, but an easier and surer one is to take cheese-cloth.

dip it in white wine, squeeze it nearly dry and wrap the cheese in it. It does not impair its flavor in the least. When cheese becomes very hard, it is fine for macaroni, as it can be grated easier.

CREAM CHEESE.

Put five quarts of the last milking of a cow, called *strippings*, in a granite pan with two tablespoonsful of rennet. When the curd comes strike it down with the skimmer to break it. Let it stand two hours; spread a cheese cloth on a sieve and drain upon it; salt and break the curd a little with the hand; put it into a press with a two-pound weight upon it. After standing twelve hours, bind a linen cheese-cloth round. Turn every day till dry; rubbing the outside with butter and let gradually ripen.

DOMESTIC CHEESE MAKER.

COTTAGE CHEESE.

When the milk which has been left over sours so as to be clabbered, place it in a tin pan and set it over a pan of hot water. Heat it very slowly, so that the whey may become separated from the curd. If it boils, the curd will be tough. Strain it through a cloth, and press out the whey. Stir in a little butter, cream and salt till it is moist enough. Work it well with a spoon till it is smooth, then make it into little pats for the table.

E. S. A.

CHEESE OMELET.

Beat one egg a little, add a teaspoonful of melted butter, one teaspoonful of cheese grated fine, a little salt and pepper. Melt another teaspoonful of butter, add the mixture and cook until dry. Do not stir it. Roll the omelet, and sprinkle with grated cheese. B. A. THWING.

CHEESE OMELET—No. 2.

Three eggs, four tablespoonfuls of grated Parmesan cheese, one ounce of butter. Beat the eggs well and stir the cheese into them; season with salt, pepper, and mustard. Melt the butter in an omelet pan, and when hot pour in the mixture. Proceed as in plain omelet.

MARY RENNO.

FROMAGE, DRESSED.

Moisten eight or ten ounces of good cheese, broken into small bits, with one-half of a pint of thick cream. Rub it smooth in a mortar and add two eggs, with the white of one, both beaten together, and a pinch of cayenne. Bake in a moderate oven for fifteen minutes. A C. M.

TOASTED CHEESE.

Melt one-half of a pint of grated cheese very gradually in a gill of sweet cream over the fire and as soon as it is hot remove, and stir in the yolk of one egg with a piece of butter the size of a hickory nut and a little pepper. Toast small squares of bread and butter them. Lay the slices on a platter over a dish of hot water, spread the cheese over the toast, and serve soon, or the cheese will grow tough.

MRS. MARIETTE PURVIE.

NEUFCHATEL CHEESE.

Have one Neufchatel cheese, one teacupful of sugar, grate a lemon rind and use with it one-half of the juice, one-half of a teacupful each of rolled cracker crumbs and currants, four eggs, one tablespoonful of melted butter, one-half of a teacupful of cream or rich milk, one-half of a nutmeg grated and one salt-spoonful of salt. Mix the cracker crumbs dry with the cheese, first removing the wrapper and taking off the thin skin on the outside of the cheese; crumble the cheese and cracker crumbs well together, beat eggs well with the sugar and add, following with the butter and cream. If the cream is very rich the butter may be omitted. Put in lemon, nutmeg and currants. Mix all well together and put into well-buttered patty pans lined with puff paste. Bake twenty minutes in a quick oven. They will puff up, but must not be permitted to get too brown.

MRS. SERAH CHICHESTER.

CHEESE PUDDING.

In a cup of new milk dissolve a piece of butter the size of a walnut and pour over a tablespoonful of bread-crumbs; let it soak, then add two eggs well beaten, and one-half of a pound of finely-grated cheese. Pour the mixture into a well-buttered mold and bake in a quick oven. Serve as hot as possible.

E. J. A.

RAMEQUINS OF CHEESE PASTRY.

When there is a puff paste left after making pies and tarts roll it out lightly, and sprinkle over it grated cheese. Fold the paste in three, and sprinkle every fold with the cheese. Cut shapes out with an ordinary pastry-cutter, brush them over with the beaten yolk of an egg, and bake in a quick oven.

W. T. M.

MELTED CHEESE.

Grate one-half of a pound of good creamery cheese, add five eggs and one-half of this quantity of butter, and stir all together over a moderate fire, till the eggs are set. Slice bread and toast it brown. Eat with the cheese, which must be served very hot. MRS. IDA GREGG.

ESCALLOPED CHEESE.

One cupful of cheese, chopped fine, two well-beaten eggs, one cupful of milk, one cupful of cracker crumbs, one-half of a salt-spoonful of salt. Stir well together, turn into a buttered dish and bake in a quick oven.

MARION MILLER.

CHEESE FONDU.

Boil one-quarter of a pint of milk and stir into it till melted one ounce of butter. Pour it upon one-half of a teacupful of fine bread-crumbs. Soak a few minutes, add one-half of a teacupful of grated cheese, the yolks of two eggs, and a little salt. Butter a soufflé tin, and tie round it, to make the sides higher, a band of buttered paper. Just before putting the soufflé into the oven, dash in the whites of three eggs which have been whisked to a firm froth. Bake in a quick oven till the center is firm, and serve. MRS. SCOVILLE.

CHEESE FONDU—No. 2.

The ingredients are one-quarter of a pound of grated cheese, two eggs, three tablespoonfuls of butter, one tablespoonful of vermicelli, one-half pint of milk, one-half teacupful of bread-crumbs. Boil the vermicelli in the milk and pour over the bread-crumbs in a pie dish. Melt the butter and stir it in. Beat the eggs and add with salt and pepper the vermicelli and cheese, beating briskly the whole time. Add a teaspoonful of baking-powder and bake in a quick oven for one-half hour. Serve at once.

FANNIE LAUGHLIN.

CHEESE CANAPES.

Cut a stale loaf of bread into slices one-quarter of an inch thick. Divide these into pieces two inches long, and one inch wide, and fry them in hot butter or oil till they are a bright golden color. Spread mustard thinly on each piece, lay over that some cheese, and put in a quick oven until the cheese is dissolved. Serve as hot as possible.

MRS. FANNY BELL.

POTATO CHEESE-CAKES.

Grate the thin rind of two lemons, pound them well with two tablespoonfuls of finely-sifted sugar and four tablespoonfuls of potato which has been boiled until it has become floury. Stir in two tablespoonfuls of clarified butter and when smooth add the yolks of two and the white of one egg. Line tart tins with a light crust, rather more than one-half fill them, and bake in a quick oven. It takes about twenty minutes to do them. MRS. FRONIE EVANS.

LEMON CHEESE-CAKES.

One ounce of butter, the juice and rind of two lemons, two tablespoonfuls of sugar, a well-whipped egg. Mix well and place on back of stove to get thoroughly heated, but not boil. Then add a teaspoonful of grated cheese to each quantity placed in patty pans, and bake quickly.
MRS. S. THWAIT.

PLAIN CHEESE-CAKES.

Take two tablespoonfuls of flour, one pint of milk and boil to a paste. When cool add one-half of a pound of grated cheese, four eggs, three tablespoonfuls of sugar, a piece of butter the size of a walnut, salt, and one-quarter of a pound of dried currants that have been washed and drained. MRS. A. HILL.

GROUND RICE CHEESE-CAKES.

Mix one tablespoonful of ground rice smoothly with two tablespoonfuls of milk and one-quarter of a pint of boiling milk. Stir the mixture three or four minutes till thick, adding an ounce of butter and four large lumps of sugar, which have been well rubbed on the rind of a fresh lemon. When cold, stir in the yolks of three eggs, well beaten, and a dessert-spoonful of lemon juice. Line some patty pans with a puff paste, three-parts fill with the mixture, and bake in a quick oven. The cheese-cakes may be dusted over with powdered cinnamon or grated lemon rind before being baked. F. E. P.

CHEESE SANDWICHES.

Cut cheese in slices about one-quarter of an inch thick and lay between slices of bread that are well buttered. The cheese can be grated and used in the same way, but in the latter case, it must be rubbed to a paste with butter. H. F. L.

CHEESE STRAWS.

Mix two ounces of grated Parmesan cheese, two ounces of fresh butter, two ounces of flour, an ounce of creamery cheese, and the yolk of an egg into a stiff paste. Flavor the mixture with cayenne, salt and a little pounded mace. Roll this out thin, cut it into fingers about four inches long and one-half of an inch wide, bake them for a few minutes in a quick oven and serve cold. They should be piled on a dish in transverse rows. Nice for luncheons. JANE HATHAWAY.

WELSH RAREBIT.

Have ready one pound of rich cheese, grated. Rub the bottom of a dish with a piece of onion. Put in the cheese, add one tablespoonful of tomato catsup, one tablespoonful of Worcestershire sauce, one-half tablespoonful of salt, four shakes of cayenne pepper and two level tablespoonfuls of butter. Stir until it begins to melt, then add gradually four tablespoonfuls of ale or beer. When it is soft, smooth and creamy, pour it over toasted bread or toasted crackers. E. D. WELLS.

MORNING RELISH.

Take one-quarter of a pound of fresh cheese, put in a pan with a cup of milk and bring to a boil. Then add one-half of a teaspoonful of salt and one-half of a teaspoonful of dry mustard, a dash of pepper, butter the size of an egge. Roll three soda crackers fine, stir briskly a few minutes and turn into a heated dish. NANCY CROWELL.

CHEESE SOUFFLE.

Four eggs, one-quarter of a pound of cheese, one-quarter of a pound of butter. Grate the cheese and beat it well with the butter and yolks of the eggs. Season with salt and cayenne pepper. Whisk the whites to a stiff froth and stir in lightly. Bake in a deep dish for one-half hour.

MRS. SUSIE KNIGHT.

CHEESE CUSTARDS.

Six tablespoonfuls of grated cheese, two tablespoonfuls of butter, four eggs, one cup of milk with a teaspoonful of corn-starch stirred into it, salt and pepper to taste. Beat the eggs very light and pour upon them the heated milk (with a pinch of soda), having thickened with the corn-starch. While warm add butter, pepper, salt and cheese. Beat well and pour into greased custard cups. Bake in a quick oven about fifteen minutes or until high and brown. Serve at once, as a separate course, with bread and butter, after soup or before dessert. C. A. R.

CHEESE NEUVEAU.

Pieces of bread should be cut as if for the table, thinly buttered, and placed in a frying-pan. Sprinkle salt very lightly over them and add a thick layer of grated cheese. Then another layer of bread and salted cheese, and when the pan is full pour over a cup of good, rich milk. Cover closely and stand on the side of the stove where it will steam slowly for twenty minutes or one-half of an hour. Turn on a hot platter and serve at once This is an excellent luncheon dish and deserves to become popular. B. O. C.

BAKED CHEESE.

(Relish.)

Take one-half of a pound of cheese, nine snow-flake crackers (pulverized) and one and one-half tablespoonfuls of butter. Put the butter into a baking-pan, then sprinkle one layer of crackers and one layer of grated cheese. Over this sprinkle one tablespoonful of sugar and a little salt and pepper. Continue the process with a layer of each (except butter, salt and pepper) until it is one and one-half inches thick; then add enough sweet milk to wet. Put in the oven and bake until sufficiently dry to cut in blocks two and one-half inches square. Serve hot on toast.

NANNIE JONES.

SLIP.

Slip is bonny-clabber, without its acidity, and so delicate is its flavor that many like it as well as ice-cream. Prepare it thus: Make one quart of milk moderately warm, stir into it one dessert-spoonful of the preparation called rennet; set it away to cool; it will be then as stiff as jelly; make it only a few hours before using or it will be tough and watery; when possible set dish on ice after it has jellied. Serve with powdered sugar, nutmeg and cream. PRUDENCE M. S.

MACARONI AND CHEESE.

Take one-half of a package of macaroni, break into pieces two inches in length. Simmer twenty minutes in plenty of salted water. Drain, then put a layer in the bottom of a buttered baking-dish, then upon this put a thin layer of grated cheese and bits of butter, then another layer of macaroni and so on till dish is full, leaving the cheese layer on top; sprinkle with cracker crumbs. Pour over the whole a cupful of cream or milk and bake a golden brown. A. M. P.

CHEESE.

(German.)

Three quarts milk, salt, caraway seed.

The milk must be fresh and rich. Put each quart in a separate dish; after it has thickened remove the cream and prepare it as for cottage cheese, drain it well to separate it from all the whey. When this is done take a granite colander, sprinkle the bottom with salt and caraway seed, on this put a layer of curds (one quart), next one of cream, again salt and caraway seed and one of curds until all is used up. The last layer must be of curds; let it stand two or three days, then turn out and serve.

FRAULEIN.

MOTHER'S CREAM CHEESE.

Scald the quantity of milk desired, let cool a trifle, then add the rennet (see directions on the packages of "Prepared Rennet"). When the curd is formed take out without breaking and lay on a cheese-cloth supported on all sides so that it will drain; and then put it under a light press for one hour; now break the curd gently with the fingers into small pieces, put in a cloth and press for an hour; take out, rub with fine salt, let lie on a board for an hour, and wash in cold water; then let drain, and in a day or two the skin will look dry; put some sweet grass under and over and it will soon ripen. E. M. C.

CHICAGO CHEESE STRAWS.

Roll some puff paste very thin, sprinkle over with grated cheese, fold, roll out, and sprinkle again; then repeat the process and place on the ice to harden. When cold roll out to an oblong flat one-eight of an inch thick, place it on a baking sheet and, with a knife, cut into strips five inches long and less than one-quarter of an inch wide. Bake and serve piled in triangles or squares. M. L. C.

SAGE CHEESE.

Pound the tops of fresh young sage leaves with the same quantity of spinach leaves, and squeeze out the juice. Add this to some extract of rennet and stir into the milk a sufficient quantity to suit the taste. When the curd comes, break, salt it, put into the vat, press for a few hours, take out of press and then rub and turn the cheese every day for two weeks.

E. A. M.

OVER FIFTY WAYS TO COOK THEM.

THERE is probably no one article of food that enters so frequently into the composition of dishes for the table as do eggs. Their value as food is well known, the nutriment in them as well as their ease of digestion entitling them to be considered as one of the most useful articles for daily use. In some households they are the principal breakfast dish, and the variety of ways in which they can be used greatly enhances their value.

HOW TO TEST GOOD AND BAD EGGS.

A sure test of the freshness of an egg is to immerse it in water. Should it sink to the bottom and lie on its side it is good but if the egg is stale, it will float or stand upon one end.

The "candling" process consists in looking through the egg at a light, or holding it between you and the sun. If it shows up clear and spotless so that the yolk can be perceived, it is good, otherwise, it is not; also, in shaking an egg, if it makes a sound it is not a good egg and should be rejected.

HOW TO PRESERVE EGGS FOR WINTER USE.

In many households eggs are regarded as expensive, and so they are, perhaps, but not when the amount of real nutriment they contain is considered. No other food can take their place at the same price. We give below three methods of preserving them.

TO PRESERVE EGGS (METHOD No. 1).

Procure a new and clean wood box the size that will hold the quantity desired to pack away—and lay all over the bottom a layer of common salt about one inch thick. Now, have ready the eggs—fresh as fresh can be and pack them in rows placing the small ends down. When layer is complete put in salt until eggs are covered and then put on another layer of eggs. Continue until box is full, cover and put away in dry, cool, dark closet. If fresh eggs are put in, fresh eggs will come out. G. P.

TO PRESERVE EGGS (METHOD No. 2).

For every three gallons of water, put in one pint of fresh slacked lime and one-half pint of common salt; mix well, and let the crock be about one-half full of this fluid, then with a dish let down your eggs into it, tipping the dish after it fills with water, so they roll out without cracking the shell, for if the shell is cracked the egg will spoil. Lay a piece of board across the tops of the eggs, and keep a little lime and salt upon it. They must always be kept covered with the brine. Be sure that eggs are fresh. If fresh, they will keep two and three years. This is the method sailors often use. C. S. F.

TO PRESERVE EGGS (METHOD No. 3).

Dissolve sufficient gum arabic in water to make rather a thick liquid. Soon as possible after the eggs have been laid, coat them thoroughly with it, then place them in a box filled with powdered charcoal; when required for use wash off the coating. Mrs. Mary Goodrich.

EGGS COOKED WITHOUT BOILING.

By this simple process eggs are lighter for delicate stomachs than by plunging them into boiling water. Heat a basin with boiling water till it is thoroughly hot; then turn off the water and put the eggs to be cooked into it, moving them round so that every part shall receive the heat. Have ready a kettle of boiling water, pour this over the eggs, and cover the basin to prevent any steam from escaping. In twelve minutes they will be perfectly cooked. B. A. Cook.

STEAMED EGGS.

Break one-half dozen eggs into separate cups, and have ready a well-buttered dish, into which each egg should be placed carefully. Cover the dish to prevent the heat from escaping, and set it over a pan of boiling water, first putting small bits of butter lightly over the top of the eggs. When they are set sufficiently, sprinkle them with a little salt, and serve with fried ham or sausages. It takes four minutes to set.

Mrs. Lyell.

SOFT-BOILED EGGS.

Put the eggs in boiling water and let boil for three minutes. Take them from the fire, and let stand in the water one minute to set the whites. Another way is to put the eggs into cold water, and leave them over the fire until the water boils, when the whites will be set.

Nellie Sammons.

EGGS À LA HAVANA.

Take eight eggs, two ounces of butter, two small Spanish onions, six tomatoes, one-half teacupful of bread-crumbs, one-half pint of stock. Boil the eggs ten minutes, cut them into slices, chop the onions and tomatoes, season with pepper and salt, and fry them with the crumbs in the butter. Add the stock and stir for ten minutes after it boils. Place the slices of eggs in the liquid and warm them through. MRS. CHARLOTTE MAY.

EGGS BAKED WITH ASPARAGUS.

Cut two dozen stalks into inch pieces, using care in removing all the hard part; boil until tender in salted water, drain and put into a baking-dish; pour over them one cupful of drawn butter, break six eggs on the top, put a piece of butter on each one, and a light sprinkle of salt and pepper, put in a quick oven and cook until the eggs are firm; serve at once.
MRS. ALICE HEATON.

DEVILED EGGS.

Cut in two, crosswise, one dozen hard-boiled eggs. Remove the yolks carefully, mash them very fine and season sparely with mustard, vinegar, salt, pepper and a tablespoonful of melted butter. Chicken minced very fine may be added if desired. Be sure that the mixture is sufficiently moist and that it is not "lumpy." Fill the spaces in the whites of the eggs with the spiced yolks; smooth it even with top; sprinkle with chopped parsley; garnish with the same and serve cold. Excellent dish for picnic. JANE BRADLEY.

EGGS SERVED IN CUPS.

Butter the required number of cups, break an egg or two, as desired, into each one, salt to taste, then cover and place over the fire in a pan of boiling water. Let water boil until the eggs are sufficiently cooked. Serve in same cup. Teacups will answer the place of regular poachers if one has not the poachers at hand. MRS. L. H. ROETHER.

EGG BUTTER.

To three well-beaten eggs add one pint of molasses, orleans or sorghum. Boil until it thickens. Excellent HARRIET MALOTT.

EGGS EN MARINADE.

Mix equal quantities of water and good meat gravy, two tablespoonfuls of each with a teaspoonful of vinegar and a seasoning of pepper and salt; put it into a stew-pan and stir in gradually two well-beaten yolks of

eggs. When it thickens, and before it boils, have ready half a dozen nicely-poached eggs, and pour the sauce over them. Garnish with parsley. It takes ten minutes. HANNAH REYNOLDS.

DROPPED EGGS.

Have the water in the saucepan boiling hard. Break gently the eggs, one at a time, into it, being very careful not to injure the yolks. With a spoon dip the hot water over them till a skin or crust has formed. Take them out with a skimmer, lay on a flat dish, slightly salting them, and garnish the platter with parsley. MARY A. WHEELER.

EGGS MAÎTRE D'HÔTEL.

Slice and fry Spanish onions in butter, but do not let them brown. Add a little flour, hot milk, chopped parsley, salt, and white pepper, and let the sauce thicken. Cut eggs that have been boiled for ten minutes into quarters, lay them in the sauce, when hot, arrange the eggs neatly in a dish and pour the sauce over them. AUNT POLLY.

EGG PASTEL.

Beat six eggs, add three tablespoonfuls of cheese and one tablespoonful of butter and mix well together. Warm the mixture in a stew-pan over a gentle fire and stir until it is thick. Serve on buttered toast.

MINNIE K.

EGGS REVUELTOS.

Six eggs, two tablespoonfuls of thick cream or rich gravy, one teacupful of cauliflower. Cook the cauliflower till tender; break the eggs into a pan with the cream, season with salt and pepper and place over a gentle fire; add the cauliflower and stir the mixture till it thickens. Serve with sippets of fried bread. Mushrooms, asparagus or other vegetables can be used instead of cauliflower. MRS. LETTIE HOLLY.

EGGS A LA MODE.

Remove the skin from one dozen tomatoes, medium size, cut them up in a saucepan, add a little butter, pepper and salt; when sufficiently boiled, beat up five or six eggs and just before served turn into the saucepan, with the tomato, and stir one way for two minutes, allowing them time to be well done. ELIZA MARTIN.

BAKED EGGS.

Place a very little beef drippings in the pan, get it quite hot; break in the eggs as if for frying. Salt them and set in hot oven a few minutes, when they will be done. Eat with buttered toast E. FARRAR.

HUNGARIAN EGGS (DELICIOUS).

A piece of butter the size of a walnut, small onion chopped fine, one pint of tomatoes strained, one-half pound of mild cheese, three eggs, salt, cayenne to suit taste. Place the butter in a pan (after having the water boil to heat the pan), let it melt, add onion and cook until soft. (If one does not care for the onion, only the flavor, it can be removed before adding the tomato.) Now add the tomato, let it come to a boil, add cheese cut fine, stir until it is smooth; now break in the eggs and stir hard until the eggs are done; care should be taken to break the yolk in stirring, or it will result in a hard lump; serve on crackers or buttered toast.

ADELAIDE.

FONDA (CANADIAN STYLE).

Take six eggs, two tablespoonfuls of flour, one teacupful of milk, one tablespoonful of butter. Whip the whites of the eggs to a stiff froth; beat the yolks. Mix the flour smooth in a little milk and stir it into the remainder; add it with the butter to the yolks; mix the whites lightly with them. Pour into a well-greased omelet tin, and bake in a moderate oven for fifteen minutes. Sprinkle with powdered sugar and cinnamon, or with grated Parmesan cheese and serve immediately. MRS. C. O. D.

EGGS MEJIDOS.

Six eggs, two tablespoonfuls of sugar. Beat the eggs well, add sugar and a small cupful of boiling water. Beat the whole together a second time. An excellent drink for an invalid. P. B. SMITH, M. D.

EGG RISSOLES WITH HAM.

One-half of a pound of ham or salt pork or bacon should be cut into small dice and fried gently until cooked. Break in six eggs and stir once or twice. When the eggs are sufficiently cooked, place on a dish, and serve very hot. MARIAN SOMERS.

HARD-BOILED EGGS SERVED COLD.

Six eggs, salad oil, vinegar. Boil the eggs for ten minutes, throw them into cold water and take off the shells. Serve them whole, or cut into slices, with oil, vinegar, salt and pepper. C. E. LAMB.

HARD-BOILED EGGS AND GIBLET SAUCE.

Eggs that have been boiled hard may be cut in two the long way of the egg. Place them on a platter and pour over them a sauce made of chicken giblets or else some left-over turkey gravy. J. E. TOWN.

FRIED EGGS.

Put a good quantity of oil or butter into a shallow pan, and when it boils break the eggs carefully into it and fry till the whites are crisp; serve on a platter and trim with parsley. J. O. ROBERTS.

PICKLED EGGS.

Have the eggs hard boiled, and, after removing the shells, put them in pickled blood-beet juice until the whites become colored; cut lengthwise and serve as a relish. LILLIE.

PICKLED EGGS—No. 2.

To a quart of vinegar add one ounce of whole ginger, one teaspoonful of cloves, one blade of mace, and one teaspoonful of whole pepper. Boil the spices for five minutes in the vinegar and let stand three days; then strain the vinegar; boil the eggs to be kept for ten minutes, throw them into cold water and take off the shells; when they are cold put them into jars and cover with the vinegar. C. E. MILLINGTON.

OMELET SOUFFLÉ.

Take three eggs, two ounces of butter, one dessert-spoonful of chopped parsley, one salt-spoonful of chopped onion, one pinch of dried herbs. Beat the whites of the eggs to a very stiff froth; mix the yolks with the parsley and a little salt and pepper. Stir the herbs gently into them and proceed as in a plain omelet. Double the omelet and serve immediately. MRS. N. HEATON.

SPANISH OMELET.

Mince very fine enough ham, fat as well as lean, as will fill a small teacup and add two finely-chopped tiny onions, such as are used for pickling. Beat six eggs, stir the ham into them and fry the omelet the usual way, folding it over when done. Garlic can be used in place of the onions, but this would be too strong for most palates.

ANNIE THOMAS.

ROYAL CREAMED EGGS.

Boil six eggs and cut in slices. Make a sauce by creaming one level tablespoonful of butter with two and one-half tablespoonfuls of flour and adding one pint of cream or cream and milk; let boil three minutes. Mix in thoroughly a teaspoonful of salt and one shake of pepper. In a granite basin put a layer of cream, then a layer of eggs; another layer of cream, and so on. Sprinkle rolled cracker over the top, dot with pieces of butter and brown in the oven. MRS. A. CAVANAUGH.

EGG SALMAGUNDI.

Take six eggs, two ounces of butter, one teacupful of thick cream, one tablespoonful of chopped mushrooms, one lamb's sweetbread. Melt the butter in a stew-pan. Chop the sweetbreads and fry them white with the mushrooms in the butter. Beat the eggs, mix with the cream, and pour them into the stew-pan. Stir over a gentle fire until the mixture thickens. Serve with croutons of fried bread. MRS. MAY WHARTON.

CREAMED EGGS—No. 2.

To five or six eggs that have been well whipped to a froth add gradually one-half pint of cream, and, while mixing add a teaspoonful of salt. Butter a mold and pour in the mixture. It may be baked gently in the oven till set, or placed over a pan of boiling water. When turned out of the mold, a rich brown gravy should be poured round it.

MRS. FANNIE SMITH.

EGGS WITH BROWN SAUCE.

Poach or fry as many eggs as you wish and place them on a flat dish. Pour over them plenty of brown butter sauce. L. P. J.

FRICASSEED EGGS.

Two tablespoonfuls of butter, one tablespoonful of flour, a sprig of parsley, one-half dozen minced mushrooms, one-half pint white stock (veal or chicken), one-half dozen hard-boiled eggs (sliced). Put the butter into the chafing dish; when melted add flour (stirring constantly), parsley cut fine, mushrooms and stock. Simmer five minutes and add eggs; boil up once and serve hot. KATE RAY.

POTTED EGGS.

Take the yolks of six hard-boiled eggs, one ounce of butter, one teaspoonful of anchovy sauce, a little salt and cayenne pepper. Pound the eggs and butter well together in a mortar, then add the salt and cayenne pepper, and lastly the anchovy sauce. HONORA MCGRATH.

FRIED EGGS AND TOMATOES.

Break six eggs gently into a pan with plenty of butter and fry until the whites are crisp. Cut six tomatoes in halves and fry them in the butter. Lay them in a dish, sprinkle with pepper and salt, and lay the eggs over them. Serve them very hot. J. E. TABER.

FONDU AU GRATIN.

Melt three tablespoonfuls of butter, stir in a tablespoonful of flour and mix well. Add the yolks of four eggs and one-quarter of a pint of milk and let it simmer for two minutes, stirring all the while; then take it from the fire. Shred four ounces of cheese into thin slices and stir into the mixture; season with salt and pepper. Beat two of the whites of the eggs to a stiff froth and stir them in gently. Fill a shallow tin, sprinkle with bread-crumbs. Break over them the remainder of the butter in small pieces, and bake in a moderate oven for one-half hour.

MRS. FRANCES REED.

SUNSHINE EGGS—MOONSHINE EGGS.

Melt a little butter in an omelet pan, sprinkle salt on it and break into it the number of eggs required. Fry these over the fire for two minutes till they are poached, and be careful to turn up the edges to keep them from spreading too far. Before sending them to the table sprinkle pepper over them, and cover them with tomato sauce. Eggs prepared in the same way and sprinkled over with grated cheese, are called moonshine eggs. MRS. M. A. BURNS.

SWEETMEAT TORTILLA.

Take four eggs, one ounce of apricot or pineapple preserve, three tablespoonfuls of butter. Warm the butter in a sauté pan; beat separately the whites and the yolks of the eggs, mix them gently together, add the preserve and beat them again; pour the mixture into the butter and brown it lightly on one side, turn it with a plate and brown the other side; the pan must be kept moving to prevent sticking. MRS. H. O. LANE.

EGG TOAST.

Butter the toast and pour over it a sauce made of milk thickened with flour and seasoned with butter, pepper and salt; add the whites of eggs chopped fine, then grate the yolks over the top. MRS. J. M. STONE.

EGGS ON TOAST.

Put two quarts of water over the fire, and when it comes to a gentle boil add one-half teaspoonful of salt. Break in six eggs, taking care not to injure the yolks. Let them cook for five minutes. Have some toasted bread, slightly buttered, on a hot platter. Remove the eggs from the water with a skimmer and lay them on the toast and serve hot.

MRS. SARA COOK.

COLUMBUS EGGS.

Peel the shells from a dozen hard-boiled eggs and cut each egg in two around the center, cutting off also a little piece from one end so that they can stand on end as did the famous egg which Columbus handled; pulverize the yolks and mix with some finely minced chicken, smoked tongue or lean ham; moistening with a little fresh butter or vinegar and seasoning to the taste with salt, pepper and mustard. Fill with this the empty whites, taking care not to break them; press the two parts together and stand on a platter so that they will have the appearance of eggs that have not been dissected. The filling which remains over and above the capacity of the whites of the eggs to accommodate, may be made into a dressing by adding a little vinegar to it and pouring over the eggs.

E. J. C.

SPANISH EGGS.

Boil for twenty minutes a teacupful of rice in two quarts of boiling water containing a tablespoonful of salt; drain through a colander and add a tablespoonful of butter; spread the rice thin on a hot platter and place on top of it six dropped eggs. Serve at once. D. A. V.

EGGS, SWISS STYLE.

Cover the bottom of a dish with two ounces of fresh butter and on this scatter grated cheese; drop the eggs upon the cheese without breaking the yolks; season to taste. Pour over the eggs a little cream and sprinkle with about two ounces of grated cheese; set in a moderate oven for about fifteen minutes. M. B. C.

SCRAMBLED EGGS—No. 2.

Break the eggs into a warm, buttered spider, being careful to avoid breaking the yolks; add a little salt and butter or cream; as soon as they begin to whiten stir carefully from the bottom until they are cooked as desired. L. S. M.

POACHED EGGS, SPANISH STYLE.

Heat an earthen pan slowly and melt in it a tablespoonful of butter; add a teaspoonful of salt, a smaller quantity of pepper and a small onion minced very fine; or, instead of the onion, use parsley and sweet herbs or a combination of all together. Drop in the eggs one at a time; do not stir, but let them brown a little; turn carefully and brown on the other side. In Spain and Mexico they are served in the dish in which they are cooked and as hot as possible.

OMELET À LA POULARD.

Beat six eggs for five minutes, and season with salt. Melt a teaspoonful of butter in an omelet pan over a clear moderate fire, and when it is warm pour in the eggs. Let the pan rest a moment to set them, then shake it gently and continually to prevent sticking; when the edges are slightly set, run a thin sharp knife round them and revolve the pan in such a manner that the omelet will revolve in a contrary direction. When the surface begins to set, slide it on a hot dish and fold it in half. Serve immediately with, if desired, a little sifted sugar over it. It should be a pale golden color. TOURIST.

EGG OMELET.

Three eggs, one tablespoonful of minced parsley, pepper and salt to taste. Melt a piece of butter the size of an egg, over the fire and turn in the omelet. Then stir with a spoon constantly. When it begins to set do not stir but shake the pan well. Double up the omelet with a spoon and shake the pan till the under side of the omelet is a golden brown in color. Turn it out on a heated dish. MRS. L. CUTLER.

RUM OMELET.

Make a very soft sweet omelet; when on the dish pour over some rum and sugar, send it to the table and then have it set on fire, basting frequently to keep it alight. P. F. W.

TORTILLA WITH PARSLEY.

Beat nine eggs well and add a tablespoonful of chopped parsley, a teaspoonful of chopped onion, and a little pepper and salt; melt three ounces of butter in a sauté pan, and make three separate tortillas with the eggs, using one-third of the melted butter for each one; roll them tightly and cut each in half; cover with egg and bread-crumbs; put the rest of the butter in the pan and when boiling fry the tortillas brown. Serve with plenty of fried parsley. MRS. NATHAN HOFFMAN.

EGGS ESCALFADOS.

Six eggs, one ounce of butter, one tablespoonful of cream or milk. Butter a deep dish, sprinkle with salt, and break the eggs carefully into it, keeping each separate. Melt the remainder of the butter and while it is hot stir it into the cream. Pour it over the eggs, cover closely, and bake in a moderate oven for ten minutes. B. T. CLIFFORD.

EGGS (NUREMBERG STYLE).

Put an egg in boiling water and let it simmer gently for ten minutes. Take it out, remove the shell and dip it in batter. Fry it in hot butter until it is browned all over, then dip it in again, and repeat this until the ball is sufficiently large. Serve on a hot dish, and pour wine-sauce over it.

F. C. PHELPS.

TORTILLA WITH FRENCH BEANS.

Cook a cup of French beans till tender, drain them; warm two tablespoonfuls of butter in a sauté pan and fry the beans. Season with salt and pepper. Beat four eggs and pour them into the pan. Bake it till they are set and one side begins to color. Turn the tortilla with a plate and let the other side set. Serve hot. MRS. GEO. ROTH.

EGGS AND BACON.

Cut twelve slices of bacon very thin, and fry until crisp; take them out and keep hot in the oven. Break six eggs separately into the boiling fat and fry until brown. Serve with the eggs laid over the bacon, and small fried sippets of bread placed round. Hash can be used instead of bacon.

J. PORTER.

ONION EGGS.

Boil six eggs hard, slice three of the eggs, white and yellow together; cut three onions in slices, fry in butter, lay them on a platter; place the sliced eggs over them, cover so as to keep hot; grate the three remaining eggs, mix them with a little salt and a trifle of cayenne pepper; boil up in a little cream and pour this over the eggs and onions; delicious.

MRS. M. FOX.

CELERY EGGS.

Six hard-boiled eggs, let cool and chop not very fine; one bunch of celery chopped fine, season with pepper and salt, add three rolled crackers and one cupful of milk; fry in hot butter. MRS. T. WEBBER.

EGGS—ATLANTIC CITY STYLE.

Soak one pint of stale bread-crumbs in one pint of sweet milk; beat eight eggs very light and mix with the bread-crumbs. Have ready a hot pan, two tablespoonfuls of butter and pour in the egg mixture; season with salt and pepper, stirring often. Cook as quickly as possible without burning. Serve on a hot platter and garnish with parsley.

MRS. DAGETT.

EGGS—COLORADO STYLE.

Take one cup of bread-crumbs and soak in one cup of milk. Beat five eggs very light and stir with the soaked crumbs, beating five minutes. Have ready a saucepan in which is one tablespoonful of butter, thoroughly hot; pour in the mixture, season with pepper and salt and quickly stir with a fork for three minutes. Serve at once. A. C. M.

STUFFED EGGS—À LA HOT SPRINGS.

Hard-boiled eggs cut crosswise, the yolks removed and mashed fine; add to yolks two teaspoonfuls of butter, one of cream, two drops of onion juice, salt and pepper to taste; mix all thoroughly and fill the eggs with the mixture and put together; with the filling that is left add one well-beaten egg. Cover the eggs with this mixture and roll in cracker crumbs. Fry a light brown. J. I. C.

DEVILED EGGS—No. 2.

One dozen eggs, one-half teaspoonful of French mustard, two heaping tablespoonfuls of cold boiled ham, one tablespoonful of olive oil, salt and cayenne to taste. Boil the eggs fifteen minutes, then place them in cold water and let stand one-half hour; this prevents the whites from turning dark. Remove the shells and cut lengthwise. Take out yolks and rub to a smooth paste with the mustard and oil, then add the ham, salt and pepper, and mix thoroughly. Fill the hollowed whites with this mixture and serve on water-cress. A. P. C.

CHAFING DISH AND RECIPES FOR SAME

HOW TO PREPARE A MEAL WITH A CHAFING DISH AND KETTLE.

MANY times a host or hostess feels called upon to set forth an appetizing yet quick meal. Oftentimes, too, persons require a late luncheon, something just before retiring, or something upon their return after an evening out. On all such occasions, a chafing dish is indispensable and can be used quite as elegantly by a gentleman as a lady.

Perhaps you desire to ask what chafing dish to get—well, there are a number that are good but I prefer the one made by S. Sternan & Co. It is simple and is fitted out with the asbestos lamp, enabling one to increase or diminish the heat.

Fill the chafing dish lamp with alcohol, light, place over it the lower pan half filled with water; place the top pan in the lower one and all is ready for a dainty meal.

SUNDAY NIGHT EGGS.

Beat up four eggs as you would for an omelet and put with it four tablespoonfuls of butter, salt and pepper. Stir these well with a spoon. As soon as the eggs begin to stick beat them hard, and when thickened serve immediately.

R. MANDA MYERS.

CHICKEN CROQUETTES.

Four cups of minced chicken, one cup of bread-crumbs, three eggs, drawn butter. Roll chicken, bread-crumbs, eggs, seasoning and (enough drawn butter to moisten) into pear-shaped balls. Dip these into beaten eggs and bread-crumbs; put into chafing dish and fry a nice brown.

A BACHELOR.

CHICKEN OR VEAL FRITTERS.

Cold chicken or veal, one cup of flour, one tablespoonful of baking-powder, one-half cup of milk, two eggs, salt and pepper. Beat eggs thor-

oughly, add the milk and pour on the flour and baking-powder sifted together. Beat thoroughly. Cut chicken or veal into thin slices, season with salt and pepper. Dip them into the batter and fry in the chafing dish. E. W.

CURRIED EGGS.

Two tablespoonfuls of butter, two small onions (minced), two dessertspoonfuls of curry-powder, two tablespoonfuls of flour, one-half pint of veal or chicken stock, two tablespoonfuls of cream, six hard-boiled eggs, cut in slices. Put into chafing dish, butter and onions and cook until they begin to brown; stir in the curry-powder, mix well and add flour, stirring quickly all the time; then add the stock or a tablespoonful of fluid beef dissolved in boiling water. When the mixture has simmered for ten minutes add cream and eggs. When hot, serve. N. J. A.

FRICASSEED EGGS.

Two tablespoonfuls of butter, one tablespoonful of flour, a sprig of parsley, one-half dozen of minced mushrooms, one-half pint of white stock (veal or chicken), one-half dozen of hard-boiled eggs (sliced). Put the butter into the chafing dish; when melted add flour (stirring constantly), parsley, cut fine, mushrooms and stock. Simmer five minutes and add eggs; boil up once and serve hot. F. H.

CREAMED SWEETBREADS.

One pair of sweetbreads, par-boiled, blanched and cut into small pieces, one-half pint of cream, one tablespoonful of butter, one tablespoonful of flour, salt, white pepper and a pinch of nutmeg; melt the butter over boiling water, stir in the flour, and when this is well mixed, the cream; as soon as the sauce is smooth, put in the seasoning and cook for five minutes. Mrs. C. Kuhlman.

WELSH RAREBIT.

Take one pound of finely-shaved, good American cheese, one-third of a bottle of beer; put beer into chafing dish and when good and hot add cheese, one-fourth of a teaspoonful of salt, one-half teaspoonful of Coleman's dry mustard, a good dash of red pepper; mix until perfectly smooth, stirring into cheese and when all is creamed serve on hot buttered toast at once, as it soon spoils if cooked too much. Mrs. Marion Randall.

FISH AND SHELL FISH

1. Deviled Crabs. (New Jersey Recipe.)
2. Baked White Fish. (Mackinac Recipe.)
3. Florida Lemons with Dressing. (Excellent Appetizer.)
4. Mrs. Fay's Fish Sauce. (See Page 392.)
5. Mrs. Baldwin's Delicious Fish Balls. (See Page 76.)

CHRISTMAS OR BRIDE CAKE

(Directions for Making, see Page 225.)

GERANIUM OR BIRTHDAY CAKE.

(Directions for Making, see Page 218.)
(Directions for Decorating, see Page 216.)

RAREBIT.

One-half of a pound of rich cream cheese crumbles, one teaspoonful of butter put in chafing dish; when cheese begins to melt stir rapidly with fork, add salt-spoonful of mustard, few grains of red pepper, moisten this with ale, about one-fourth of a glass; have all mixed and pour in when cheese is melted; do not let it cook after this mixture is in as it will be lumpy, serve at once on fresh crackers. MRS. R. LADOW.

CHICKEN WITH MUSHROOMS.

Put in chafing dish two tablespoonfuls of butter, one tablespoonful of flour with one-half pint of milk, one gill of mushroom liquor, add one pint of cold chicken; cook three or four minutes, add one-half can of mushrooms, sliced; cook three minutes longer; then add very slowly the yolks of two eggs; salt and pepper, stirring all the time. Serve on toast.

THRESSA RYDER.

TOMATOES AND EGGS.

Three eggs, butter the size of a walnut, one-half of a can of tomatoes, one-half of a small onion, cut in fine pieces, small tablespoonful of flour, salt and red pepper to taste. Stew the tomatoes and onion together in the chafing dish for five minutes, then stir in the butter and flour made into a paste. Add the eggs, which have been broken into a bowl and stirred lightly with a fork. Add seasoning, then stir constantly until rather thick and take away from the boiling water at once. Serve on hot buttered toast. L. P. MILES.

FROGS' LEGS.

Frogs' legs, gill of cream, three tablespoonfuls of butter, pepper, salt, two tablespoonfuls of flour. Put the butter in the chafing dish and stir in the flour until smooth, then add the cream. Season the frogs' legs with salt and pepper, put them in the chafing dish; cover and cook about twenty minutes. If necessary, add a little more cream. G. D.

TOMATOES AND MUSHROOMS.

One pint of cooked tomatoes, one-half pint of mushrooms, one tablespoonful of bread-crumbs, one tablespoonful of butter, pepper, salt and buttered toast. Put into the chafing dish; when mushrooms are cooked serve on the buttered toast. H. F. J.

OYSTER PAN ROAST.

One dozen large oysters, one tablespoonful of butter, one-half pint of oyster juice, two slices of toast, salt and pepper. Put butter in the chafing dish; as it creams add oysters and juice seasoned with salt and pepper. Cover and cook two minutes. Serve on hot toast moistened with juice.

L. G. R.

OYSTER SAUTÉS.

One dozen of large oysters, butter, pepper and salt. Drain the juice from oysters thoroughly, butter the chafing dish, and when *very* hot place the oysters in single layers. When brown on one side turn and brown the other side; while cooking keep adding a little butter. This, with the juice of the oysters, forms a brown skin in the chafing dish; season with pepper and salt and when browned serve oysters and skin very hot.

K. J. B.

MUTTON, CLUB STYLE.

Mutton can be cooked in the chafing dish, using the leg slices. Keep it turned constantly, until it is cooked to taste. Turn off the flames. Spread currant jelly over it. Season with pepper and salt. Do not forget to trim away all the fat.

T. J. Goode.

OYSTER STEW.

Put two dozen oysters and their juice in the pan with one-half a pint of water and a little pepper. As soon as they boil up remove them, skim, add one pint of milk, two tablespoonfuls of butter and heat them once more. Pour into a hot dish.

Mrs. J. Hurie.

MACARONI WITH EGGS.

One-half of a cupful of cold boiled macaroni, two tablespoonfuls of canned mushrooms cut in slices, three eggs, butter the size of a walnut and one-half cup of milk, salt and pepper to taste. Heat the milk in the chafing dish, add the butter, then the eggs, which have been well mixed together, then the macaroni, mushrooms and salt. Stir over the boiling water six or eight minutes. Serve with hot milk biscuits buttered.

H. B.

ROE OF SHAD.

The ingredients are: shad roe, two tablespoonfuls of butter, one tablespoonful of lemon juice, yolks of two hard-boiled eggs, one cup of grated bread, parsley (chopped), pepper, salt. Put the butter into the

chafing dish, add the roe (after boiling it ten minutes in salted water), and break up lightly with a fork, add the eggs, mashed fine, bread-crumbs, parsley, pepper and salt, stirring till mixed; add lemon juice just before serving. HANNAH SMITH.

LOBSTER À LA NANTES.

It requires a large lobster, one tablespoonful of butter, a gill of wine, three eggs, one-half pint of cream. Take the lobster, cut in small slices, put in chafing dish with butter, season well with pepper and salt. Now pour the wine over it, cook ten minutes, add the beaten yolks of eggs and the cream; let all come to a boil and serve immediately. FANNIE G.

OMELET.

Four eggs, one teaspoonful of butter, four tablespoonfuls of milk. Put butter in the chafing dish and when it is heated pour in the eggs after thoroughly whipping them with the milk. When cooked roll the edge quickly over until all is rolled up. GEORGIANA LAP.

FINNAN HADDIE.

Take one-half of a finnan haddie, pick-up and cook in fresh butter, adding a cup of pure cream, one hard-boiled egg cut in small squares, the yolk of a raw egg and one teaspoonful of grated cheese. Thicken with a cream sauce, season with salt and pepper. Cook slowly for ten minutes. Serve in a chafing dish with small pieces of dry toast. B. O. H.

SCALLOPED OYSTERS.

Melt one tablespoonful of butter in the chafing dish and add one-quarter of a cup of cream. Put in a layer of oysters drained, and sprinkle over them rolled crackers, add another layer of oysters and a layer of crackers and some small pieces of butter. Season with salt and pepper. Cover and cook ten minutes. G. A. LILLY

ANCHOVY TOAST.

Previously prepare thin slices of buttered toast with anchovies spead upon them. Keep hot. Put into the chafing dish a tablespoonful of butter with which is mixed a teaspoonful of dry mustard, two tablespoonfuls of tomato sauce, one teaspoonful of mushroom sauce As soon as thoroughly mixed lay in this sauce, which should be of smooth texture and rich in color, slices of four hard-boiled eggs, with a little salt and cayenne

pepper strewn over them. When heated, pour over the anchovy toast, being careful not to break the slices of eggs. There will be but little sauce, but what there is will be very appetizing. SARAH BRYAN.

DEVILED EGGS ON TOAST.

Five hard-boiled eggs, butter the size of a walnut, one-half pint of milk, two teaspoonfuls of flour, heaping tablespoonful of grated cheese, a dash of dry mustard. Take one spoonful of olive oil, salt, red and black pepper; mix the yolks, the mustard, olive oil and condiments together in a bowl with the back of a silver spoon till smooth. Put the milk, the butter with which the flour has been mixed, the whites of the eggs cut up very fine, and the salt, all into the chafing dish. Stir steadily till boiling hot. While attending to this, let some one spread thick over slices of buttered toast the paste, then the cheese, and last the hot white sauce and serve. DELIA MARTIN.

SHRIMPS A LA NEW YORK.

Take four tablespoonfuls of butter, a quart of shrimps, two tablespoonfuls of flour and a quart of milk. Season with salt and pepper. The butter must be melted in the chafing dish, then the flour and seasoning stirred in, also the milk. Wash and dry the shrimps, cut them in pieces and add to the dish. After five minutes' stirring they are ready to be served. MINA MURDIE.

DRIED BEEF.

First let the dried beef stand a short time in cold water, to draw out the salt. Then melt two tablespoonfuls of butter in a chafing dish and put in one-half pound of dried beef shaved very thin and one-half cupful of milk and cream. Let it simmer ten minutes and stir in one egg. When the eggs are cooked it is done. H. A. HAMPTON.

CREAMED OYSTERS.

One pint of select oysters thoroughly drained, one pint of milk, one small tablespoonful of butter, one even teaspoonful of corn-starch, salt and pepper to taste. Heat the milk to boiling, mix butter and corn-starch together and stir in. When boiling add the oysters, which have been brought to the boiling point. Stew until the oysters are well filled out, with the edges curling, and serve on thin slices of graham toast, buttered. P. G. GRAHAM.

MINCED CRAB.

Take about a pint of crab meat, one hard-boiled egg, chop very fine, add one tablespoonful of butter and one-half pint of pure cream. Season thoroughly, place in pan, and cook for eight or nine minutes. Thicken with a cream sauce, and when cooked thoroughly add a glass of sherry; serve in chafing dish. MRS. W. B. PACHALY.

VENISON STEAK.

Have a steak of venison cut quite thin. Take one-quarter of a pound of butter, one-half glass of currant jelly, one glassful of sherry, salt and pepper to taste. Mix the butter and jelly together in the chafing dish and when melted lay into it the steak which has had the pepper and salt scattered over it, turn the steak several times until it is quite done, then pour over the sherry; cover closely two minutes and serve immediately.

L. C. MELLEN.

STEWED VEAL.

Cut two pounds of veal into squares. Set on fire to boil, and as soon as it does so, change the water, putting in only enough to cover. Add salt, pepper, a whole onion with three cloves stuck in it, a small bunch of aromatic herbs, one-half of a carrot, five small white onions, and one-quarter of a pound of salt pork; cut up into dice-shaped pieces. Boil three-quarters of an hour and take out the whole onion, herbs and carrot. Mix smooth two spoonfuls of flour in a little water, add to the meat and stir till it comes to a boil. Let simmer a few moments. This stew should be served in a chafing dish. MRS. P. PHILLIPS.

CLAMS ON TOAST.

Chop fine twenty clams, add a teacupful of the liquor of the clams, a piece of butter the size of an egg, a dash of Tabasco sauce or pepper sauce and salt and black pepper. Stir the butter and liquor together in the blazer, add the clams and stew for eight minutes, stirring continually. Add a dash of Tabasco sauce, salt and pepper. Let the whole come to a boil, and pour over the hot slices of toast. MRS. F. FREHLING.

CREAMED LOBSTER À LA NEW YORK.

A cold boiled lobster picked in pieces, one-half cupful of butter, four tablespoonfuls of cracker crumbs, rolled fine and the yolks of three hard-boiled eggs, yolk of one raw egg and a dash of dry mustard. Mix salt and pepper with the dry lobster to season it more highly, one cup of rich

milk. Mix the butter, yolks of the hard-boiled eggs and mustard to a smooth paste. Heat in the chafing dish and add gradually the milk and beaten yolk of the raw egg, then add cracker crumbs and lobster. Toss the mixture about with fork and spoon until thoroughly heated. Serve on toast. MRS. JANE MERRIAM.

CALF'S LIVER AND MUSHROOMS.

Take part of a calf's liver which has been stewed gently in butter and a little water in the morning and cut it into small, even squares. Mix with one-half pound of butter, the yolks of three hard-boiled eggs, put into the chafing dish and add seasoning of salt, a very little cayenne pepper, and a pinch of dry mustard. When heated, put in the liver and part of a can of mushrooms sliced. When it has cooked five minutes add a small glass of Madeira and serve with hot toast. MRS. N. SAMPSON.

DRIED BEEF AND EGGS.

Put a piece of butter the size of a walnut in the chafing dish. Lay in several slices of chipped beef and cover for three minutes. Have three eggs, well beaten in a bowl and two tablespoonfuls of milk ready. As soon as the beef gets hot stir in the eggs, pepper, and a little salt, stirring all the time from the bottom. A little finely chopped lettuce is an addition. MRS. A. TRALL.

CREAMED CHICKEN.

Boil a chicken until tender the usual way. When cold, or while hot, as you prefer, place the breast in the chafing dish in which a small lump of butter has melted and is just beginning to brown, heat thoroughly and add one cup of rich milk. Season, and when it comes to a boil, thicken slightly with flour rubbed until smooth in a little butter. As soon as it comes to a boil pour over squares of toast. EMMA C.

SALADS MADE OF MEAT, FISH AND SHELL-FISH

For vegetable salads, see Part II.

SALADS of some kind have been used since the earliest times, but only within the last few years has the real salad grown into general favor. In ancient days salads were eaten as a sort of introduction to the heavier dishes that garnished the table; now, they are eaten after the meat course, or as the main course for the Sunday night supper. Like soups, salads are of two kinds: those made with meats and those made without. In order that each may come in its proper place we give here the recipes of only those salads which are made of meats.

Meat of all kinds should be cut into small dice or picked apart with a fork and should be piled in fancy shapes on a platter—the mayonnaise then spread over them, after which they are garnished with tiny lettuce leaves, slices of lemon, hard-boiled eggs, capers, etc.

MAYONNAISE DRESSING (USUAL METHOD).

Put the yolk of an egg into a cup with a salt-spoonful of salt, and beat until light; then add one-half teaspoonful of dry mustard and beat again. Then add olive oil, drop by drop, then a few drops of vinegar and the same of lemon juice. Continue this process until the egg has absorbed a little more than a gill of oil; finish by adding a *very little* cayenne pepper and sugar. ENGLISH COOK.

FRENCH DRESSING.

One tablespoonful of vinegar, three of olive oil, one salt-spoonful of salt and one of pepper. FRENCH COOK.

FAVORITE DRESSING.

Take a yolk of a hard-boiled egg, rub it through a sieve and put into a bowl with the yolk of a raw egg, salt, pepper and a teaspoonful of prepared mustard; stir one way with a wooden spoon, adding slowly and alternately one gill of olive oil and two tablespoonfuls of vinegar. Finish with a tablespoonful of chopped herbs, parsley, celery tops and chives.

DELMONICO'S.

CREAM DRESSING (BOILED).

One cup of butter and one-half cup of sugar creamed; add one tablespoonful of salt, one of mustard, a pinch of cayenne pepper. Then add four eggs, one at a time, beating thoroughly. Next one cup of cream and last one and one-half pints of boiling vinegar. Stand over the fire until it approaches the boiling point; remove and bottle. It is nice with potato salad. MRS. M. Y. F.

BUTTER MAYONNAISE DRESSING (BOILED).

Take three gills of vinegar, one-half cupful of water; to this add three-quarters of a cup of butter whipped thoroughly, two eggs well beaten, one teaspoonful of flour, a dessert-spoonful of dry mustard, a pinch of cayenne pepper, one teaspoonful of white pepper, one heaping teaspoonful of salt, one tablespoonful of sugar. Put the vinegar on the stove, and let come to a boil. Add the other ingredients, all save the eggs, which are to be added last, after coming off the stove. Whip all together while simmering on the stove three minutes. When cold add one gill of cream. It is then ready to bottle. This quantity will make a pint of the dressing and will keep for two months. MRS. A. ROBB.

SALAD DRESSING MADE OF BUTTER.

Two whole eggs, one-half teaspoonful of mustard, one tablespoonful of sugar, two tablespoonfuls of butter, one-half teaspoonful of salt, one tumbler of weak vinegar or part water. Beat the eggs and add gradually the different ingredients, the butter last slightly melted; set the basin on the range; stir till it thickens, then add one-half cupful of sweet cream. Let cool and it is ready for use. MRS. D. Z. BROOKS.

WHIPPED CREAM SALAD DRESSING.

The yolks of three eggs, seven tablespoonfuls of olive oil, one-half cup of melted butter, juice of one lemon, one teaspoonful of dry mustard, three teaspoonfuls of salt; cook these and when ready to use add one cup of whipped cream. ANNA SMITH.

BOTTLED SALAD DRESSING.

(Excellent.)

Beat the yolks of eight eggs, add one cup of sugar slowly, beating thoroughly, one tablespoonful each of salt, white pepper, a little cayenne, and one-half cupful of cream or milk. Also add one tablespoonful of mustard dissolved in a little boiling water, one tablespoonful of flour well

mixed in part of the cream, bring to a boil one and one-half pints of vinegar; add one cup of butter. Let it come to a boil, pour in the mixture, stir well for two or three minutes. When partially cool beat with egg beater. When cold, bottle and put in ice-chest. MRS. G. GALBRAITH.

SWEET BREAD SALAD.

Cut some cold boiled sweetbreads into small dice, place them in a salad bowl and add some chopped boiled potatoes and a small quantity of celery cut into pieces. Place in the refrigerator until ready to serve, pour over boiled salad dressing; garnish with heart lettuce.

MRS. A. T. HICKS.

OYSTER SALAD.

Put two heads of celery cut into tiny pieces, into a saucepan with a little tender cabbage. Pour over enough boiling water to cover, salt and boil for five minutes. Take out and put the strained liquor from one dozen oysters into a saucepan, boil and skim, add a little vinegar and salt. Put in the oysters and cook slowly for a few minutes until done, take out and turn them into a basin to cool; add a little oil and vinegar to the celery and cabbage, spread some of it on a dish, lay on the oysters, cover with the remainder of the mixture, and over this pour a little mayonnaise sauce and serve. MRS. J. M. BOOTH.

HOT DANDELION SALAD.

(Good.)

Take fresh dandelion leaves, wash in several waters, drain and arrange in a salad bowl; season with salt and pepper. Break into small pieces two slices of bacon and fry on the fire until done, then add the fat and all to the salad. Pour into the pan two tablespoonfuls of vinegar and let it heat, then pour it over and serve. COUNTRY GIRL.

LAMB AND GREEN PEA SALAD.

Thoroughly wash and drain some nice lettuce leaves, break apart and put them into a salad bowl. Chop some cold remains of roast lamb or other cold meat, spread it over the top of the lettuce and pour on top a cup of cooked, but cold, peas. Prepare a plain salad dressing with oil and vinegar and season with pepper and salt. Pour the dressing over the salad, and serve. JULIET.

SALMON SALAD.

To one can of salmon take two good fair-sized heads of lettuce. Wash lettuce and allow it to drain. While it drains make a dressing of the yolks of four hard-boiled eggs and two yolks of raw eggs, one tablespoonful of olive oil, one teaspoonful of sugar, one of mustard and one of salt, one-half cup of vinegar; beat until perfectly smooth. Cut three-quarters of an inch off outside edge of lettuce leaves, lay these aside, cut up the balance of leaves in smaller pieces and mix with the salmon. Place all in a dish and pour over the dressing. Arrange the outer edges of lettuce leaves in a circle around the salad and cut hard-boiled whites of eggs in rings over the top. If eggs are gently lowered into boiling water and boiled just ten minutes, they will not be dark and will mash more easily. M. P. VANCE.

SALMON SALAD—No. 2.

Open a can of salmon, remove the skin and bones and flake fine with a silver fork. To one can of salmon add one-half spoonful of salt, dash of red pepper, one tablespoonful of lemon juice and one-half tablespoonful of vinegar. Set in a cool place for two hours. When wanted place the salmon on a bed of fresh lettuce leaves; cover with one-half cupful of mayonnaise and serve. D. E. B.

CHICKEN SALAD.

Add to the white meat of a cold cooked chicken three-quarters of its bulk of chopped celery, two hard-boiled eggs, one egg well beaten, one teaspoonful each of salt, pepper, made-mustard, three teaspoonfuls of salad oil, two teaspoonfuls of white sugar, one-half teacup of vinegar. Remove every scrap of fat, gristle, and skin, mince the chicken fine, cut the celery into bits one-half inch long, mix them; set aside in a cool place. Rub the yolks of the eggs to a fine powder, then add the salt, pepper and sugar, then the oil, grinding hard, and putting in a few drops at a time. The mustard must now be added. Let all stand together and whip the raw eggs to a froth. Beat this into the dressing, and pour in the vinegar, spoonful by spoonful, whipping the dressing well, tossing and mixing until the bottom of the mass is as well saturated as the top; turn into the salad bowl and garnish with the whites of hard-boiled eggs cut into rings, and sprigs of bleached celery tops. MRS. MARIETTE SIMMONS.

CHICKEN SALAD—No. 2.

Put a four-pound chicken on to cook in cold water, add one onion; simmer until the chicken is very tender; when perfectly cold remove skin

and cut meat into cubes. Put away in a cold place until wanted; wash and cut three heads of celery into pieces about one-half of an inch long; put into cold water until wanted; when ready to serve, dry the celery and mix with chicken, then mix with mayonnaise dressing. Serve on a cold dish garnished with the white celery tops. IVY BROWN.

GRANADA SALAD.

Wash and drain some heads of chicoree, and arrange in a mound in the middle of a dish. Peel some rather large tomatoes, divide them in sections and place them around the chicoree. Boil some eggs hard; when cold cut them in halves, scoop the yolks out carefully, being careful not to break the whites and put them in a mortar. Pick some shrimps or lobster, put them in the mortar with the yolks and pound to a paste. Fill the hollow of the whites with paste, level it off at the top and arrange them around the tomatoes. Season the mixture with salt and pepper, pour over the salad some mayonnaise dressing and serve without delay.

KINSLEY'S, CHICAGO.

CRAB SALAD.

Combine one pint of crab meat, two stalks of celery, cut fine; one hard-boiled egg chopped fine and one tomato cut into small pieces; season with salt, pepper and vinegar; thoroughly mix and place in salad-bowl, garnishing it with crisp leaves of lettuce; dress with mayonnaise dressing.

ANNA RURK.

HERRING SALAD.

Eight herrings, one and one-half pounds of veal, one-half of a pickled tongue (beef), six apples, six potatoes, five onions, pepper and vinegar to mix. Chop everything separately. D. J. P.

LOBSTER SALAD.

Pick the meat from the body of a lobster, take out the tail part in one piece, and cut it, with the contents of the claws, into slices one-quarter of an inch thick. Chop the whites of two hard-boiled eggs small and rub the yolks through a hair sieve. Do the same with the spawn or coral of the lobster, but mix the soft part and any bits with the sauce. Pour the sauce into the bowl, put in a layer of shred lettuce and small salad, and place the slices of lobster, with hard-boiled eggs, quartered, and interspersed with sliced beet and cucumber on the top. Repeat in the same manner until the bowl is full, sprinkling the egg and coral over and

between the layers. To ornament, reserve some of the hard-boiled eggs, yolks and whites, arrange these, with the coral and beet and sliced lobster, so that the colors may contrast well. Before serving, pour some mayonnaise sauce over the top. Crab may be prepared in the same manner. A. T. Mc.

LOBSTER SALAD—No. 2.

Cut the lobster into dice and season with two tablespoonfuls of vinegar, two tablespoonfuls of oil, one teaspoonful of salt and a little pepper and let it stand in a cool place for an hour. When ready to serve line the salad bowl with crisp lettuce leaves, and after mixing the lobster thoroughly with mayonnaise place it on the lettuce. Serve with toasted crackers and cheese. H. Richmond.

FISH SALAD.

A salad can be made of any kind of cold fish mixed with pickled gherkins or any other kind of green pickle. Oysters or shrimps may be added to the other fish, which should be separated neatly into flakes, and the whole moistened with a salad cream. Garnish with slices of lemon and some parsley. Mrs. Hannah Lane.

SARDINE SALAD.

Mix sardines with some hard-boiled eggs chopped fine, add some chopped parsley and lay over the top some sliced lemon; garnish with lettuce, chopped fine and wet in vinegar. Mrs. L. A. Houston.

PASTRY, PIES and TARTS

THE GREAT AMERICAN DISH

THE making of pies in America has been developed almost to as fine an art as that of soup making in France. There is scarcely an article of food which has not been utilized in this unique way, and the future possibilities are only a question of time.

GOOD PASTRY MAKING.

It is said that successful pastry makers are born, not made, like really successful cooks. The sodden, pale, unsightly looking dough crusts that emerge from the ovens of many housewives would seem to justify this saying. Yet care and forethought will make a pastry maker, spite of that old saying. It requires simply good judgment and a deft touch.

The quicker puff paste is made, the lighter it will be. The lard, butter or Ko-nut entering into its preparation should be ice cold, if possible, to insure that flaky crust which is so much liked. The hands should be cool when mixing it, and the pastry board should be of hard wood. Confectioners' paste is usually kneaded on marble slabs.

HOW TO HEAT THE OVEN.

Many err on account of the oven. They vow they have made the pastry quite right, but the oven has burnt it black or else cooked it a sickly white. This is because intelligence has not governed the heat of the oven aright or knowledge has not shown what is the heat suitable for pastry; therefore, guesswork has given the usual fatal results.

A brisk oven is needed for all pastry. A very simple test will show the right heat. If the cook will insert a piece of white note paper into the oven and after five minutes take it out she will know what its heat is. A pale yellow hue on the paper will indicate that it is too slow for ordinary puff paste, a nice brown color, decided in tone, shows that the heat is just right. A very dark brown shows too much heat.

HOW TO OBTAIN GLOSS ON PIE CRUST.

Even when the oven is quite right and the pastry has been made moderately rich a woman will feel dissatisfied at the appearance of a pie because she misses the rich brown gloss that she has seen on pastry made by practical cooks. To obtain this gloss she needs a wrinkle. It is produced by egg-wash. An egg is beaten up with a little sugar and a small quantity of milk is added. With this wash the pie is brushed over after the pastry has been finished and all its paste ornaments have been put on. This is pastry-glazing.

HOW TO UTILIZE ODDS AND ENDS OF PIE CRUST.

If a little of the pie paste has been left over it should be converted into tea cakes, a little baking-powder, a few currants and some sugar effecting the transformation. Then the remainder of the egg glaze will come in handy to brush over the small buns and none will be wasted. This wash is the secret of the rich brown on shop buns.

VEGETABLE OIL—SUBSTITUTE FOR LARD.

To those mothers who look upon pies as an abomination yet feel they must now and then meet the call we suggest the use of Ko-nut instead of lard, (see Part II.). Ko-nut, in a measure, does away with the objectionable feature—namely, indigestion.

PUFF PASTE FOR PIES.

One quart of flour, one pint of butter (not too salty) or butter and lard half and half, a pinch of salt, one and one-quarter cupfuls of cold water.

Directions for Mixing Plain Puff Paste.—First sprinkle the salt in the flour and with the hand mix in quickly the shortening until all is smooth. Now mix in the cold water quickly as possible and roll out and fit to a pie plate—some butter the plate, I prefer not to, as a little flour on the crust is all that is needed to prevent the crust from sticking; cut off evenly around the edge of plate—gather up the scraps and make another sheet for the top of the pie and roll out the upper sheet a little thinner than the under crust, lap one half over the other and cut four or five small slits at the center (which enables the steam to escape). Now fill the pie with prepared filling, wet the edge of the rim to prevent the juices from running out, lay the upper crust across the center of the pie, turn back the half that is lapped, slightly press the edges down with your thumb dipping occasionally into flour, to prevent sticking. Bake to a light brown. **E. M. C.**

PUFF PASTE—No. 2.

For one pie take a heaping cupful of flour, one-half cupful of lard, a little salt, butter the size of a walnut and very cold water.

MRS. EDEN.

FINE PUFF PASTE.

Two and one-half cupfuls of flour (always sifted), one cupful of butter, a pinch of salt, wash the hands with soap and water and dip them first in hot and then in cold water. Wash the butter in cold water, working it with the hands until it is light and waxy but not oily. This frees it from the salt and buttermilk and lightens it, so that the pastry is more delicate. Shape the butter into two thin cakes and put in a pan of ice-water to harden. Sift the salt with flour. With the hands, rub one-third of the shortening into the flour. Add the water. Stir quickly until the paste is smooth. Sprinkle the board *lightly* with flour. Turn the paste on this. Roll from you and to one side; or, if you prefer to roll from you all the time, turn the paste around. When about one-fourth an inch thick, take the balance of the butter, break in bits and spread on the paste. Sprinkle lightly with flour. Now fold the paste, one-third from each side, so that the edges meet. Next fold from the ends, but do not have these meet. Double the paste, pound lightly and roll to about one-third of an inch in thickness. Fold as before and roll again. Put in ice-chest or cellar one hour to cool. As soon as cool, it will roll easily. The less flour used in rolling out the paste the tenderer it will be. LILLIAN.

CREAMED PEACH PIE.

Line a deep pie dish with rich pie crust and fill two-thirds full with slices of canned peaches that have been dropped into boiling syrup and cooked for two or three minutes. Cover with crust but do not pinch the edges. When rather cool, raise up the top crust and pour in the following cream, which should cool for a few moments before being poured in: One small cupful of milk, heated to boiling; one tablespoonful of sugar, one-half teaspoonful of corn-starch wet in cold milk. Let boil, then add the white of one egg beaten to a stiff froth and one-fourth of a teaspoonful of vanilla. C. P. O.

RAISIN PIE.

(Excellent.)

One cup of stoned raisins chopped fine, one lemon, grate rind, take out seeds and chop it fine with raisins; add one cup of sugar and two tablespoonfuls of water. This makes two pies; bake between upper and lower crusts. MRS. NANCY MILLER.

ORANGE PUFFS.

Take out the pulp from two oranges; boil the peels until quite tender and then beat to a paste with twice their weight of sugar, then add the pulp and juice with a piece of butter the size of a walnut. Heat these ingredients well together. Line some pans with rich puff paste, put the mixture in and bake. When done beat the whites of three eggs to a firm froth, slightly sweeten, spread over and set in the oven to brown.

NANNIE JONES.

POTATO PIE.

Peel and grate one large white potato, add juice and grated rind of one lemon, the white of one egg well beaten, one cupful of white sugar and one cup of cold water. Stir well together and pour into a pie tin with a rich under crust and bake. When done have ready the whites of two eggs well beaten, one-half teacupful of white sugar and one-half teaspoonful of lemon, all thoroughly beaten. Spread on the top of the pie evenly and return to the oven a few moments; a teaspoonful of jelly on the center of each piece ornaments it to a fancy degree. This pie is sometimes called "silver pie," from its color. JENETTE TWEED.

APPLE AND RAISIN PIE.

Two cups of tart apple sauce well sweetened, one-fourth of a teaspoonful of cinnamon, one-half cup of seedless raisins boiled for ten minutes, yolks of two eggs; mix and bake with an under crust. Make a meringue of the two whites slightly sweetened, arrange in fancy shape over pie and set in oven to harden. MISS AGNES HYDE.

STRAWBERRY PIE.

Line a pie plate with rich biscuit dough; prick the bottom to let out the air and bake. When cold fill with fresh ripe strawberries, well sprinkled with powdered sugar, spread over this a meringue made with the whites of two eggs and two tablespoonfuls of powdered sugar; put in the oven just long enough to set but not cook the berries. MRS. T. R. DUNCAN.

RASPBERRY AND CURRANT PIE.

Put a layer of red or black raspberries in the bottom of a deep pie tin, then a layer of red currants cleaned and stemmed, then another layer of raspberries, then currants, and proceed till the dish is full; sprinkle over one-half cupful of sugar and one-fourth of a cupful of water, put a thin layer of pie crust round the edge, then put on the top crust. Brush the top crust over with a little water and sift over a little granulated sugar. Bake in moderate oven one-half hour; the sugar gives it a frosted look. Be careful to watch it after it is in the oven so that it does not burn. M. E. J.

OLD-FASHIONED APPLE PIE.

An old-fashioned apple pie that appeals to all tastes is made in the following manner: After making a nice light crust and covering a deep pie tin with it, wet the edge with cold water and lay a very thin strip all around to keep the juice in. Then pare, core and slice tart apples and lay them in the dish with plenty of sugar and any spice that may be preferred, such as cinnamon, ground cloves and grated lemon rind with the lemon juice. If the fruit is not juicy enough, the peelings and cores may be boiled in a little sugar and flavoring and then strained and added to the fruit. Bake in a quick oven. MRS. NETTIE WILSON.

GREEN APPLE PIE.

Line a pie tin with rich paste, peel, core and slice enough tart apples to evenly fill the tin; sprinkle over about one cup of brown sugar, a teaspoonful of cinnamon, a small level tablespoonful of sifted flour, two tablespoonfuls of water, a few bits of butter; cover with a top crust and bake about forty-five minutes. ANNIE HULL.

DEEP APPLE OR PLUM PIE.

Line a deep pie plate with pastry, place a layer of apples over this, and sprinkle with brown sugar. Then another layer of apple, with the sugar, until the pie plate is well filled and heaped in the middle. Over the top dot bits of butter; shake a pinch of salt over the whole. Wet the edge of the lower crust, sprinkle with flour, put on the upper crust, and press the edges firmly together. Bake a rich brown. Baldwin or Greening apples are the best, cut in thin slices; plums make a good pie, served in the same way. MARY BUTTS.

ENGLISH APPLE PIE.

Slice Northern Spy or Greenings very thin and fill a deep dish. Add one-fourth of a cup of water, two-thirds of a cup of brown sugar; bits of butter, a sprinkle of salt and a grating of lemon. Cover top with a good puff paste, being sure to wet the edges of the dish. To be eaten warm with cream and sugar; very appetizing. LULU ROUNDS.

NEW ENGLAND APPLE PIE.

Place a border of plain or puff paste around a basin or deep pie dish, put an egg cup reversed in the center, and fill with tart apples, pared, cored and sliced. Sweeten with one cup of sugar and season with cinnamon or nutmeg. Cover with a crust and bake in a hot oven for from one-half to three-quarters of an hour. MRS. BOWERMAN.

APRICOT CUSTARD PIE.

Line a pie dish with a rich crust. Spread smoothly at the bottom a layer of apricot marmalade an inch thick, and pour over it a custard made of a pint of new milk, three eggs and a teaspoonful of ground rice, a little sugar, and four drops of the essence of almonds. Bake in a quick oven about fifteen minutes. JULIA HOFF.

BANANA CREAM PIE.

Line a pie pan with crust and bake in a hot oven. When done, cover the bottom with slices of banana cut lengthwise, very thin. (Two small bananas are enough for one pie.) Then fill the pan with a custard made in the following manner: Two glasses of milk, two tablespoonfuls of corn-starch dissolved in a little milk, yolks of two eggs and one teaspoonful of vanilla extract. Boil in a double boiler until it thickens; then pour it into the pie crust. Cover the top with the whites of the eggs beaten stiff and slightly sweetened. Place in the oven just long enough to give it a rich brown color. ELLA N. MITCHELL.

CHERRY PIE.

Line pie plate with good crust, fill it generously half full with ripe, stoned cherries; sprinkle over them a good cupful of sugar and a teaspoonful of sifted flour. Dot over a few tiny bits of butter; now fill the crust to the top with cherries; cover with the upper crust and bake. Very good, indeed. AMY MCCALL.

CREAM PRUNE PIE.

For two pies, wash and stew two cups of prunes, then rub through a colander. Add three cupfuls of sweet cream, the beaten yolks of three eggs, one and one-half cupfuls of sugar, the beaten whites of the eggs and flavor with pineapple. Bake with an under crust. Cover with the beaten whites of two eggs and two tablespoonfuls of sugar. Flavor with pineapple. LOUISE HULL.

APPLE CUSTARD PIE.

Three cups of milk, four eggs and one cup of sugar, two cups of thick stewed sour apples strained through a colander. Beat the whites and yolks of the eggs, separately, and mix the yolks well with the apples, flavoring with nutmeg. Beat into this the milk and, lastly, the whites. Partially bake the crust before turning in the filling. J. E. D.

COCOANUT CREAM PIE.

One-half cup of prepared cocoanut soaked five minutes in two cups of milk, one egg, one small cup of sugar, butter the size of a walnut, one small tablespoonful of corn-starch. Put the milk and cocoanut over the stove in a double boiler and when hot stir in the sugar, then the butter

and the yolk of the egg beaten in a little cold milk and one tablespoonful of corn-starch dissolved in milk. When cooked pour into a pie shell previously baked. Put a meringue on top. S. C. P.

HUCKLEBERRY PIE.

Pick out all the stems and wash one quart of berries; line a pie dish with paste, put in the berries two-thirds of an inch deep; cover with two-thirds of a teacupful of brown sugar; sprinkle a teaspoonful of flour over, a little salt; cover the pie, cut a slit in the center, press the two crusts together around the edge and bake in a quick oven for forty minutes.

J. A. C.

BLACKBERRY PIE.

Pick the berries clean, wash in cold water and make as directed for huckleberries. W. I. L.

GREEN GRAPE PIE.

Make the same as huckleberry only use more sugar (brown). You would scarcely believe it but green grapes make a fine pie. M. A. R.

GRAPE OR CRAB-APPLE MARMALADE PIE.

Stew the grapes and remove the skins and seeds by pressing through a colander. Add sugar in proportion of two cups of grape pulp to one of sugar. Have ready a pie tin with under crust. Pour in to a depth of one-half of an inch, cover with strips of crust and bake; very good.

F. R. A.

CURRANT PIE.

Butter a pie plate and line with rich paste rolled quite thin; fill with ripe, red currants not previously cooked; sprinkle plentifully with sugar, dredge in a little flour, and put in two tablespoonfuls of water; wet the edge of the paste and cover with top crust, slit in center, press the edges well together and bake forty minutes. Green currant pie is excellent made the same way with a little additional sugar. H. E. R.

LEMON PIE (PLAIN).

Bake to a nice brown an under crust made of Ko-nut, not lard—see Part II.—and fill with the following dressing: One pint of water put on the stove in a double boiler; add a pinch of salt, butter the size of a walnut, one full cup of sugar, yolk of one egg, and juice of one lemon. Let it come to a boil and stir in a little corn-starch previously dissolved in cold water, only thick enough for a rich cream. Spread over with the white of one egg beaten to a stiff froth and slightly sweetened. Place in the oven to brown. This is a plain, healthy, and easily made pie. It will hurt no one. H. U. B.

LEMON PIE—No. 2.

A lemon pie that is just rich enough to be enjoyable, is made by putting the crust intended for it into a deep plate. Stir one tablespoonful of corn-starch into a little cold water, add a cup of boiling water, let all boil, then add seven tablespoonfuls of sugar, the well-beaten yolks of four eggs and the grated rind and the juice of two lemons and bake. While this pie is baking beat the whites of the four eggs and one heaping tablespoonful of pulverized sugar to a stiff froth; when the pie is baked spread this smoothly over the top, then set in the oven for two or three minutes; this is long enough to give it the desired golden brown color.

MAY JOHNSON.

LEMON PIE—No. 3.

For two pies grate the rinds and use the juice of three large lemons, stir one-half cup of butter and two cups of sugar to a cream, then add four eggs well beaten, then the lemons beat well again, and bake with an under crust. MRS. S. D. HILLIER.

SLICED LEMON PIE.

Line a pie plate with rich pie crust, then put in a cup of sugar. Pare one large lemon or two small ones, taking care to leave none of the white rind. Slice very thin, removing all seeds. Put on a top crust, with a fork puncture holes in top, pinching down edges well, so that the juice does not escape. Bake fifteen minutes. Serve cold. MRS. JOHN R. CLUTE.

CHOCOLATE CREAM PIE.

Heat one pint of milk to scalding, add one-third of a cake of Baker's chocolate, beat the yolks of four eggs with one coffee-cupful of sugar, then add the milk and the whites of the eggs last. Flavor with vanilla. A puff paste should be made for this and previously baked.

MABEL SANDERSON.

PINEAPPLE PIE.

Take a large pineapple, pare and grate it, add to it one-half pound of sugar, one cup of butter, a small glass of wine, one tablespoonful of rose water, a little grated nutmeg; mix all together, adding a few cracker crumbs, then bake with two crusts, like an apple pie.

MARCIA CLEMENTS.

A FRENCH TART.

Pound eight macaroons fine; pour boiling milk over them to form a light batter, add six well-beaten eggs, sweeten, pour into a saucepan and stir over the fire until it thickens; add one-fourth of a cup of butter and

the juice of one orange. Line a dish with pastry; add the mixture and bake twenty minutes. Just before serving, sift powdered sugar over it.

MRS. MERINDA CLAY.

STEWED SQUASH OR PUMPKIN FOR PIES.

Medium, deep-colored pumpkins are the best. Cut in half, remove the seeds, then cut up in thick slices, pare the outside and cut again in small pieces. Put one-half of it into a granite saucepan with a very little water; let cook slowly until tender. Now set the pan on the back of the stove and cook slowly, stirring often until the moisture is dried out and the pumpkin looks dark and red. It requires cooking at least half a day to have it dry and rich. When cool press through a colander. As only one-half of the pumpkin is required the other half can be dried and used at some future time. E. V. A.

PUMPKIN PIE.

(Like Mother Makes.)

One quart of milk, three small cupfuls of boiled and strained pumpkin, one and one-half cupfuls of brown sugar, one-half cupful of molasses, the yolks and whites of three eggs beaten separately, a little salt, one level tablespoonful each of ginger and cinnamon. Beat all together and bake with an under crust; enough for three pies. Hubbard squash may be substituted for pumpkin if latter is not at hand. AMY BROOKS.

SQUASH PIE.

Add two cups of milk to four and one-quarter cups of sifted squash. Use five eggs, one and one-half cups of brown sugar and one-half of a nutmeg, grated, with a teaspoonful of cinnamon; salt to taste. Bake on single crust three-quarters of an hour. MRS. SALLY BOWLES.

DATE PIE.

Soak one pound of dates over night in a little water and stew them in the same the next morning until soft enough to strain through a colander; add one quart of rich milk, three well-beaten eggs, a pinch of salt, butter size of a walnut and four or five gratings of nutmeg. Bake with an under crust. This quantity is sufficient for three pies. Icing may be made for the top. IDA M. BAXTER.

PRUNE PIE.

Stew and mash through the colander a pound of prunes, one cup of pulp; add one cup of thin, sweet cream, a teaspoonful of corn-starch rubbed smooth in a little cold milk, the yolks of two well-beaten eggs and one-third of a cup of sugar. Put in two spoonfuls of apricot, peach or pear juice for flavor; line a pie plate with crust, fill with the mixture and

bake quickly. Do not burn. Beat with the whites two tablespoonfuls of powdered sugar and spread over the top of the pie, brown lightly.

MRS. B. MELENDY.

PEACH OR PLUM PIE.

Peel, stone and slice good flavored peaches. Line a pie plate with crust and lay in the fruit, sprinkling sugar liberally over in proportion to the sweetness of the peach. Dot with butter; add a very little water and bake with an upper crust, or with cross-bars of paste across the top.

JULIA T. TIBBITTS.

MOCK CHERRY PIE.

One cupful of cranberries; prick each one with a fork to keep them from cooking to pieces, one cupful of sugar, one-half cupful of water and one tablespoonful of flour wet in a little of the water. Stir all together and bake between two crusts. MRS. ORVAL TOWNSEND.

VINEGAR PIE.

Line pie tin with good crust; take three tablespoonfuls of flour, one teacupful of sugar and mix well. Now add three-quarters of a cupful of good vinegar and one-quarter of a cup of water; flavor with nutmeg and cover with strips of crust. Lay on bits of butter and bake in a moderate oven. L. A. GREGG.

MOCK MINCE PIE.

Take two cupfuls of sugar, one cup of fine bread-crumbs, one cup of water, one-half cupful of vinegar, one-half pound of chopped raisins, a piece of butter the size of an egg, one teaspoonful each of cinnamon and nutmeg. Make a good crust for it. HATTIE KING.

MARLBOROUGH PIE.

One cup of strained stewed apples, one cup of sugar, one cup of milk, one-quarter of a cup of butter, two eggs well beaten, nutmeg, bake with under crust only. MRS. GEO. SPENCE.

RHUBARB PIE.

Select the red stalks, those that have grown in the sun, cut off where the leaves commence, strip off the outside skin, then cut in pieces one-half inch long; line a pie dish with paste, put a layer of the rhubarb nearly an inch deep, a large teacupful of sugar, sprinkle with salt, shake over a little flour, cover with a crust, slit in the center, trim off the edge and bake in a quick oven until done. Rhubarb pies made in this way are altogether superior to those made of the fruit stewed. N. E. L.

RHUBARB PIE (STEWED).

Stew and sweeten fruit to taste. Line a dish with paste; brush the paste over with the beaten white of an egg to keep it from becoming soggy. Put only one-half cup of water to a two-quart saucepan of the rhubarb in stewing, or it will be too juicy. Fill the dish three-quarters full, put strips of paste across as for a tart pie, and bake in a quick oven until the crust is done. KATHARINE.

GOOSEBERRY PIE.

Line a deep dish and fill with ripe or green gooseberries, regulating the quantity of sugar you use by their sweetness (one cup at least); sift over this a small teaspoonful of flour, add a very little butter, then cover with a crust and bake. R. A. B.

CUSTARD PIE.

Beat three eggs well, add one pint of milk, a little nutmeg grated, one-half cup of sugar and any flavor to suit, though vanilla is the best. There is a perforated pie plate made which is especially suited to custard pies, as the steam escapes and prevents the pie becoming soggy. The crust may be baked light brown before adding the custard. Pricking the dough before baking prevents blistering. MRS. JAMES MORRISON.

CUSTARD PIE—No. 2.

Six eggs, one and one-half cupfuls of sugar, one cupful of butter, six tablespoonfuls of corn-starch or flour and three cups of milk; flavor to taste. This is sufficient for three pies; bake with one crust only.

EUNICE FORSHEE.

MINCE PIES.

Four pounds of lean boiled beef when cold, chopped fine, twice as much of chopped green tart apples, one pound of chopped suet, three pounds of raisins, seeded, two pounds of currants picked over, washed and dried, one-half pound of citron, cut up fine, one pound of brown sugar, one quart of cooking molasses, two quarts of sweet cider, one pint of boiled cider, one tablespoonful of salt, one tablespoonful of pepper, one tablespoonful of mace, one tablespoonful of allspice and four tablespoonfuls of cinnamon, two grated nutmegs, one tablespoonful of cloves; mix thoroughly and warm it on the range until heated through. Remove from the fire and when nearly cool, stir in a pint of good brandy and one pint of Madeira wine. Put into a crock, cover it tightly and set in a cold place where it will not freeze, but keep perfectly cold. Will keep good all winter. CHEF DE CUISINE, ASTOR HOUSE, N. Y.

MINCE PIES—No. 2.

Take two pounds of beef, boil and chop it very fine; one-half pound of suet, chopped fine; six large apples, pared and chopped; two pounds of currants, one-half pint of wine, glass of rose-water; sugar and spice to your taste. C. A. B.

MINCE PIES—No. 3.

Select a nice shin of beef and boil down till very tender, add one pound of clear beef suet chopped very fine, a tablespoon of salt, six pounds of greening apples peeled, cored and chopped, three pounds of seedless raisins, three pounds of currants carefully cleaned, one pound of brown sugar, a cup of maple syrup, one-half pound of citron, shredded, one-half pound of candied lemon peel, one quart of the best cider. Instead of cider, some persons put in a quart of Madeira wine and a little brandy. I prefer the cider. MARION C. HOWITT.

EGG MINCE MEAT (FOR PIES).

Take six hard-boiled eggs and shred them very fine; take double the quantity of beef suet and chop very small; wash one pound of currants and dry them; the peel of one large or two small lemons chopped up; six tablespoonfuls of vinegar, sweetened; a little mace, nutmeg and salt, with sugar to your taste; add one-quarter of a pound of candied orange and citron, cut into thin slices. Mix all well together and press it into a jar for use. MRS. MARIA COLBY.

CUSTARD TARTLETS.

Line some patty pans with a good crust. Make a custard, flavor it nicely, and three-parts fill the pans with custard. Bake the tartlets in a gentle oven. Take them out, let them cool, and spread a little sugar icing over them. Strew a little more sugar on the top, and bake them in a gentle oven until the icing is crisp. If a richer tartlet is wanted, a little jam may be put over the custard. Time: about one-quarter of an hour to bake the tartlets. F. E. R.

CREAM PIE.

One cup of sweet milk, one cup (large) sugar, yolks of three eggs, butter the size of an egg, one tablespoonful of flour. Boil until it thickens, stirring constantly. Then fill the shell (which has been baked previously) with the mixture and ice with whites of eggs.

MRS. R. W. CAMPBELL.

CREAM PIE—No. 2.

For one pie take the yolks of two eggs and one-half teacupful of granulated sugar and beat well; then add one large teacupful of rich,

sweet milk, one-half teaspoonful of butter and one teaspoonful of corn-starch or flour. Put upon the stove in a double boiler and cook until creamy. Have a rich crust baked and fill with this filling. Beat the whites of the eggs stiff, sweeten to taste and spread on top. Set in the oven to brown. If made with care there is none better.

MRS. E. C. DAVIS.

BUTTERFLY PIE.

One cup of butter, one cup of molasses, one-half teaspoonful of soda, two cups of sugar, one cup of warm water and five cups of flour. Mix the water, molasses and soda and put into crusts, then mix crumbs of butter, flour and sugar and sprinkle over. HELEN MORSE.

RASPBERRY, CHERRY OR GOOSEBERRY TURNOVERS.

Take a good light crust, roll it out two or three times, then leave it one-quarter of an inch in thickness. Cut it out in rounds with a small basin, and lay a few black raspberries, cherries or gooseberries, which have been stewed with sugar, on one-half of each round. Turn the other half over the fruit, fasten the edges securely, and bake on tins in a moderate oven. Serve with sifted sugar. MRS. C. I. BURT.

CHEESE PIE.

One teacupful of sour milk curd slightly salted, two eggs, three-fourths of a cup of sweet milk, one-half cup of sugar and one-half cup of English currants well cleaned. Rub the curd thoroughly before mixing with the other ingredients. Bake in a deep pie tin lined with rich crust. Powder with cinnamon. MRS. MARY C. BARTLETT.

TARTS.

Small, round, heart-shaped or oblong shallow pans are required for tarts proper. Line with paste and bake; when cool fill with jam or preserve, or meringue. A few stars or leaves or strips of paste criss-crossed are placed on the top of fruit tarts. Dried fruit, stewed until thick, makes fine tarts; pineapple and chocolate cream fillings are fine.

MARY MANNING.

MERINGUE TARTS.

Take tarts of any preserved fruit and after beating the whites of two eggs to a froth mix very slowly with them one-quarter of a pound of sugar flavored with lemon or pineapple. Cover the tarts thick, about three-quarters of an inch deep, with this mixture, smoothing evenly on; set in the oven to brown slighlty and serve, either hot or cold.

JOSEPHINE LARUE.

SAND TARTS.

Mix twelve ounces of butter, one pound of white sugar, two pounds of flour, one egg, three tablespoonfuls of cold water. Roll very thin and cut into squares or diamonds. Before baking wash the tops with the white of an egg. Sprinkle powdered loaf-sugar and cinnamon over them. Place four or five blanched almonds on each tart. MRS. JANE CARNES.

GREEN GOOSEBERRY TART.

Stem the gooseberries. Put into a porcelain kettle with enough water to prevent burning and stew slowly until they break. Take off, *sweeten well.* When cold pour into pastry shells and bake with a top crust of puff paste. Brush all over with beaten egg while hot, set back in the oven to glaze for three minutes. To be eaten cold. THE HOUSEHOLD.

GOOSEBERRY PURÉE FOR PIES AND TARTS.

Pick over four pounds of green gooseberries; boil them in one-half pint of water until they are soft, and rub them through a fine hair sieve; add one pound of sugar to every pound of berries, mix well, fill some bottles with this purée, cork, and tie the bottles with a string, and boil them in water twenty minutes. This is an excellent filling for pies, tarts and ices. MRS. C. LANE.

ENGLISH CHEESECAKES.

Boil one pint of sugar twenty minutes in two-thirds of a pint of water, stir in one and one-half cups of cocoanut and boil twelve minutes longer; while warm, stir in one-quarter of a pound of butter; add the yolks of six eggs well beaten; line patty-pans with rich paste, fill and bake.

MISS MAUMIE HUTCHINS.

APPLE CHEESECAKES.

Pare and core a pint of apples and stew them with a pint of sugar, the finely-chopped rind of a lemon, a teacupful of water and three tablespoonfuls of butter; take three eggs, beat them well, and mix all thoroughly together; bake for one-quarter of an hour in patty-pans lined with under crust. MRS. JULIA HARRISON.

NEAPOLITAINOES.

Make enough puff paste for a pie, roll into a sheet one-half inch thick, cut into oblongs three inches in length and two inches in width. Bake in quick oven; when done spread one-half of the strips with jam and put the other half over, forming pairs with jelly between; dust with sugar.

MRS. J. H. HOOVER.

CAKES AND HOW TO MAKE THEM

TO INSURE success in cake, cooky and doughnut making, use none but the best ingredients, and have all the materials ready before commencing to mix them. The flour should be sifted, then measured, the cream of tartar or the baking-powder should be well incorporated with the flour, butter should be soft but not melted and if too salty, rinse two or more times with cold water, sugar (pulverized, never granulated) should be sifted, eggs fresh and thoroughly cold, spices ground, raisins seeded and currants stemmed, washed and thoroughly dried.

HOW TO PUT A CAKE TOGETHER.

The following rule of putting a cake together, never fails. Work the butter and sugar to a cream, beat the whites and yolks of eggs separately (the whites to a stiff froth, the yolks to a cream), then add yolks to the creamed butter and sugar, afterwards add the milk, then the flavoring, next the whites of the eggs, and lastly the flour, by degrees. If fruit is added, dredge flour over it, stirring it in slowly and thoroughly before the flour. Where the recipe calls for baking-powder and you are out of it, use soda and cream of tartar in the proportion of one level teaspoonful of soda to two heaping teaspoonfuls of cream of tartar. Sift the cream of tartar into the flour, dissolve the soda in a teaspoonful of boiling water, adding it to the cake before adding the whites of the eggs. When sour milk is used, always use soda, not baking-powder. If soda and sour milk are called for—sweet milk and baking-powder can be substituted by using two and one-half teaspoonfuls of baking-powder to a quart of flour. Avoid stirring cake after the sugar and butter are creamed, but beat from the bottom, up and over.

HOW TO BAKE A CAKE.

Cake pans should be lined with buttered writing paper. To test the cake when baking, insert a broom straw—if not sticky, the cake is done. Do not open the oven door often. It reduces the temperature and causes the cake to fall. A small dish of water in the oven will prevent scorching. This is particularly necessary in gas-range ovens. Another good way to avoid burning is to lay a thin sheet of tin on the bottom of the oven and a piece of buttered brown paper over the top of the cake.

PLAIN FROSTING OR ICING FOR CAKES.

The quickest way of beating eggs to a stiff froth is to put them in a large cup and use the "dover beater." Some still prefer to use a platter and a silver fork. Either way is good. Above all things the eggs should be cold, and the dish on which, or in which, they are to be beaten should also be cold. Allow, for the white of one egg, one small teacupful of powdered sugar. Break the eggs, putting on them a small pinch of salt, then throw a small handful of sugar on them and begin beating at once; keep adding sugar at intervals until it is all used up. The eggs must *not* be beaten until the sugar has been added in this way, which gives a smooth, tender frosting and one that will dry readily.

Spread with a broad knife evenly over the cake. If it seems too thin, beat in a little more sugar. If desired the cake can be covered with two coats, the second after the first has become dry. If the icing gets too dry before the last coat is added it can be thinned with a little water, enough to make it work smoothly.

The flavors mostly used for icing are strawberry, lemon, vanilla, almond, rose, chocolate, pineapple and orange. To ornament with figures or flowers, make up extra icing, keep about one-third out until that on the cake is dried; then, with a clean glass syringe, apply it in such forms as desired and dry as before; what is kept out to ornament with may be tinted pink with strawberry, blue with huckleberry juice, yellow with orange (using the grated rind of an orange strained through a cloth), green with spinach juice and brown with chocolate, purple with grape juice. Currant, raspberry and cranberry juices color a delicate pink.

Saffron, indigo and cochineal can be used for coloring yellow, blue and red instead of the fruits, but the former is much nicer and more healthful.

FROSTING OR ICING (BOILED).

Two cups of sugar and water to moisten. Let stand till it dissolves; boil slowly without stirring until it threads from the spoon. Beat the whites of two eggs to a stiff froth, when syrup is slightly cooled, stir in gradually, and beat until cold; season to taste with vanilla, lemon or what you prefer. C. CLEMENTS.

DATE, RAISIN OR FIG ICING.

Fruits chopped and added to the above icing substituted in place of the whites of eggs is a most palatable change.

LEMON FROSTING.

Take the juice of two lemons and add to it powdered sugar until thick enough to spread. Pour over top of cake and smooth with thin bladed knife which has been dipped in water. A. P. V.

PLAIN VANILLA ICING.

Break the white of one large egg into a bowl and gradually beat into it one cupful of confectioners' sugar. Beat for three minutes, add one-half teaspoonful of vanilla extract and spread thinly on the cakes.

MARIA PARLOA.

PLAIN CHOCOLATE ICING.

Make a vanilla icing, and add one tablespoonful of cold water to it. Scrape fine one ounce of chocolate and put it in a small iron or granite-ware saucepan, with two tablespoonfuls of confectioners' sugar and one tablespoonful of hot water. Stir over a hot fire until smooth and glossy, then add another tablespoonful of hot water. Stir the dissolved chocolate into the vanilla icing. MARIA PARLOA.

GLACÉ ICING.

See Chocolate Glacé Cake.

COCOA FROSTING.

Four teaspoonfuls of cocoa, two tablespoonfuls of cold water, three tablespoonfuls of hot water, one-half teaspoonful of vanilla, about one and three-fourth cups of confectioners' sugar. Put the cocoa in a small saucepan; add the cold water and stir until perfectly smooth, then the hot water, and cook for one or two minutes; add vanilla and a speck of salt, then stir in enough sugar to make it stiff enough to spread nicely. Beat until smooth and glossy and free from lumps. If too thick add a little cold water. If not thick enough add a little sugar. Never make a frosting so stiff that it will have to be made smooth with a wet knife. It is better to let it run to the sides of the cake. For frosting sides of the cake make a little stiffer. This frosting never cracks as an egg frosting but is hard enough to cut nicely. MISS ELIZABETH K. BURR.

CHOCOLATE AND WHITE ICING.

Put into a granite-ware saucepan two gills of sugar and one-half of water and boil gently until bubbles begin to come from the bottom—say, about five minutes. Take from the fire instantly. Do not stir or shake the sugar while it is cooking. Pour the hot syrup in a thin stream into

the whites of two eggs that have been beaten to a stiff froth, beating the mixture all the time. Continue to beat until the icing is thick. Flavor with one teaspoonful of vanilla. Use two-thirds of this as a white icing and to the remaining one-third add one ounce of melted chocolate. To melt the chocolate shave it fine and put in a cup, which is then to be placed in a pan of boiling water. MARIA PARLOA.

ICING OF MAPLE SUGAR.

Maple sugar makes a nice icing for those who are fond of very sweet things. Melt a cup of sugar in one-half cup of water. Boil till it threads from spoon, then beat in the white of an egg beaten to a froth and stir to a smooth cream. Spread this icing while warm.

VERMONT HOUSEKEEPER.

GERANIUM CAKE.

Cream one-half teacupful of butter with one cupful of pulverized sugar; add, gradually, two-thirds of a cupful of water and two rounded cupfuls of flour which have been sifted with two teaspoonfuls of baking-powder; then fold in the stiffly-beaten whites of three eggs. Line a square with writing paper, butter it and place on the bottom a layer of rose-geranium leaves. Pour the mixture over the leaves, and bake. The result will be a delightful flavor, similar to the odor of rose petals; the leaves pull off readily. Boil one-third of a teacupful of water and one teacupful of sugar till it hairs, then add three tablespoonfuls of sweet cream and beat till cool; pour quickly over. G. O. A.

MAPLE SUGAR CAKE.

One egg, one cup of shaved maple sugar, two thirds of a cup of sour cream, one-third of a teaspoonful of soda dissolved in a little hot water, a pinch of salt and one and one-half cups of flour; beat the sugar and egg, add the dissolved soda to the cream, then stir in the flour and bake. To be eaten warm. VERMONT MAPLE SUGAR HOUSEWIFE.

SOUTHERN FRUIT CAKE.

One cupful each of butter, sugar and molasses, one-half cupful of sour cream, three cupfuls of flour, three eggs, yolks and whites beaten separately, one teaspoonful of cinnamon, one-half teaspoonful each of cloves and allspice, and one-fourth of a nutmeg, grated, one-half pint of seeded raisins, one-half cup of currants, one-half teaspoonful of soda. Mix in order named; dissolve soda in one tablespoonful of hot water and add last. Bake in slow oven. Delicious. PLANTATION RECIPE—CLOE.

DRIED APPLE PIE.

Soak four cups of dried apples over night in cold water; in the morning drain and chop fine; stew till clear in two cups of syrup. Use one cup of brown sugar, one cup of buttermilk, three-quarters of a cup of butter, two eggs, one tablespoonful of soda, one tablespoonful of mixed spices and one nutmeg, grated; stir quite stiff and bake slowly. Add any kind of fruit you like or a pound of raisins. MRS. M. E. HILTON.

LOAF FIG CAKE.

One cup of butter, one cup of sugar, one cup of milk, the whites of three eggs, two teaspoonfuls of baking-powder and flour to make dough. Wash and split one-half pound of figs; put in a deep pan a layer of dough, then one of figs. Alternate till all are used and bake in a moderate oven.
MRS. J. E. TAINTOR.

HONEY CAKE.

Stir one-half pint of sour cream into a pint of flour. Add one-half teaspoonful of ground ginger, one-quarter of a teaspoonful of powdered cinnamon, two tablespoonfuls of sugar and honey; mix thoroughly and when the cake is ready for the oven, add one-half teaspoonful of soda, dissolved in small quantity of hot water. Beat again for a few minutes, pour the mixture into a buttered mold, and bake in a good oven. This cake may be eaten warm if wished. MRS. HENRIETTA COLBY.

GRAHAM CAKE.

Take one cup each of raisins, sugar and sour cream; stew raisins till tender and add flour to them; one-half teaspoonful of soda, a pinch of salt, two eggs; stir stiff with sifted graham flour and bake. An excellent cake. M. A. C.

BLACK CAKE.

Three pounds of butter, three pounds of flour, three pounds of sugar, six pounds of currants, four pounds of raisins, two pounds of citron, one ounce of cinnamon, one ounce of mace, one nutmeg, thirty eggs, one pint of wine. MRS. M. GARRIBRANT.

MOTHER'S TIP-TOP CAKE.

One and one-half cups of sugar, one-half cup of butter, one cup of sweet milk, the whites of three eggs beaten stiff, two and one-half cups of flour, two teaspoonfuls of baking-powder; flavor to suit.
A. V. HOLCOMB.

WHITE LOAF CAKE.

One and one-half cups of pulverized sugar, one-half cup of butter, one and one-half cups of flour, one-half cup of corn-starch, one-half cup of sweet milk; two teaspoonfuls of baking-powder; flavor with a few drops of lemon or vanilla extract, whites of six eggs. MRS. A. P. LYON.

"REBECCA" CAKE.

One cup of granulated sugar, one-half cup of butter (scant), one beaten egg, one cup of sweet milk; then add one pint of flour, two teaspoonfuls of baking-powder, one teaspoonful each of cinnamon, cloves, allspice; sift three times. MISS M. RUSK.

LINCOLN CAKE.

Two eggs, two cups of sugar, one-half cup of butter, one cup of milk, three cups of flour, two teaspoonfuls of baking-powder.

MRS. A. BARTON.

CAKE WITHOUT BUTTER OR EGGS.

Two cups of sugar, two cups of sweet cream, four cups of flour, two small teaspoonfuls of soda dissolved in a little milk, currants or chopped raisins. Sour milk or buttermilk can be used, but must not be very sour, small piece of butter may be added, but good without; season to taste.

MRS. MARY YATES.

FEATHER CAKE.

(Good.)

One cup fine granulated sugar, one-half cup of sweet milk and cream (more milk than cream) one scant tablespoonful butter, one cup of flour sifted with one teaspoonful baking powder, teaspoonful of vanilla.

LILLIE.

BEAUTIFUL CAKE.

Three cups of sugar, two cups of butter, five cups of flour, one pound of fruit, one cup of milk, five eggs, one teaspoonful of soda.

MRS. E. M. BUCHANAN.

SCRIPTURE CAKE.

Four and one-half cups of 1 Kings 4:28, flour; one and one-half cups of Judges 5:25, butter, L. C.; two cups of Jeremiah 6:20, sugar; two cups of 1 Samuel 30:12, raisins; two cups of Nahum 3:12, figs; one cup of Numbers 17:8, almonds; two tablespoonfuls of 1 Samuel 14:25, honey; season to taste with 2 Chronicles 9:9, spices; six of Jeremiah 17:11, eggs; a pinch of Leviticus, salt; one and one-half cups of Judges 4:19, milk, L. C.; two

TEACH THE BOYS AND GIRLS TO MAKE THEIR OWN CANDY

And yet we check and chide
The airy angels as they float about us,
With rules of so-called wisdom, till they grow
The same tame slaves to custom and the world

1. Stanley's Fudges
2. Miss Parloa's Chocolate Creams
3. Edwin's Ribbon Candy.
4. Fancy Bon Bon Basket.
5. Palmer's Pineapple Glace.
6. Janet's Peppermint Drops
7. Ethel's Candied Cherries.
8. Crystallized Lemon (Southern Recipe.)

GOODIES FOR THE LUNCH BOX AND HOW TO MAKE THEM

1. Greenacre Hermits. (See Page 251.)
2. Elsie's Cocoanut Cookies. (See Page 252.)
3. Nut Macaroons—French Recipe. (See Page 338.)
4. Unsurpassed Raisin Pies. (See Page 203.)
5. Mrs. Payne's Canadian Coffee Cake. (See Page 231.)

teaspoonfuls of Amos 4:5, baking-powder. Follow Solomon's prescription for making a good boy by Proverbs 23:14—"thou shall beat him well with a rod"—and you will have a good cake.

Mrs. Cynthia Pullman.

CAMPAIGN CAKE.

Two cups of sugar and one-half cup of butter beaten to a cream; to this add one cup of cold water and three cups of flour sifted with three teaspoonfuls of baking-powder five times. Then add the whites of five eggs beaten to a stiff froth and one teaspoonful of lemon.

Mrs. Carrie Vroman.

WHITE LILY CAKE.

Whites of six eggs, two cups of sugar, three cups of flour, one cup of sweet milk, three-fourths of a cup of butter and two heaping teaspoonfuls of baking-powder. Use any flavoring desired.

Miss Daisy Thomas.

WHITE SPONGE CAKE.

The whites of eight eggs beaten to a froth, one cup of flour, one and one-half cups of pulverized sugar and one teaspoonful of cream of tartar. Sift the flour, sugar and cream of tartar together several times, then add about one-half of it slowly to the eggs, then put in two tablespoonfuls of sweet milk; add the remainder of the flour and stir for a few seconds. Flavor with lemon and bake in a moderate oven. Mrs. M. McDuffie.

BREAD CAKE (RAISED).

When making wheat bread, as soon as the dough is light enough for the oven, take off enough for a large loaf, mix with it a teacupful of powdered sugar, the same of butter that has been mixed smooth with a cup of warm milk. Add a beaten egg, knead well, put into a square pan, dust it with flour, cover, and set it to rise again. As soon as it is light, bake in a moderate oven and wrap at once on taking out, in a thick cloth.

Mrs. Sally Graham.

STOLLA (RAISED CAKE).

Take nine cups of flour and set with two cents' worth of yeast, three cups of milk. Set this about one hour before making stiff. Put the yeast and milk in the center of the flour. When raised add two eggs, one and one-quarter cups of butter, one and one-half cups of sugar, salt, rind of a lemon, a little sugared or candied orange, one-quarter of a pound of citron, one-quarter of a pound of almonds, two tablespoonfuls of brandy, one

pound of seedless raisins. Cream the butter and sugar, then add the eggs, and mix this with the other ingredients, and then work all the flour in. Let rise over night. In the morning make into loaves and let rise again. Then bake a little more than an hour. MRS. CASPER.

CHOCOLATE MARBLE CAKE.

Put one ounce of chocolate and one tablespoonful of butter in a cup, and set this in a pan of boiling water. Beat to a cream one-half cup of butter and one cup of sugar. Gradually beat in half a cup of milk. Now add the whites of six eggs, beaten to a stiff froth; one teaspoonful of vanilla, and a one and one-half cups of sifted flour, in which is mixed one teaspoonful of baking-powder. Put about one-third of this mixture into another bowl and stir the melted butter and chocolate into it. Drop the white-and-brown mixture in spoonfuls into a well-buttered, deep cake-pan, and bake in a moderate oven for about forty-five minutes; or, the cake can be baked in a sheet and iced with a chocolate or white icing.

MARIA PARLOA.

WASHINGTON CAKE.

Cream three-fourths of a pound of butter and one and one-fourth pounds of brown sugar. Add the beaten yolks of six eggs, one pint of sweet milk and one and three-fourths pounds of sifted flour into which has been sifted two teaspoonfuls (reserving a little of the flour to mix with the fruit). Then add three-fourths of a pound of currants, one-half pound of seedless raisins, one-fourth of a pound of citron, sliced, and one-half of a nutmeg, grated, and lastly, the beaten whites of eggs. Bake very slowly for two hours. J. A. B.

PORK CAKE.

One pound of salt pork chopped fine, three cups of boiling water, three cups of molasses, two cups of sugar, three teaspoonfuls of soda, two pounds of raisins (chopped and rubbed in flour), one grated nutmeg, two teaspoonfuls of cloves and two teaspoonfuls of cinnamon; stiffen with flour. Long bread-pans are nicest in which to bake the cake.

MRS. OLIVER HUFF.

LOAF COCOANUT CAKE.

One-half cup of butter, one cup of sugar, one and one-half cups of flour, one rounding teaspoonful of baking-powder, two eggs, one cup of grated cocoanut and a pinch of salt; beat butter and sugar till light and creamy, add the yolks of the eggs, then the flour, salt and baking-powder

sifted together alternately with the cocoanut; lastly, fold in the whites of the eggs gently, so as not to destroy their lightness. Bake in a steady oven about forty minutes. MRS. JULIA CROSS.

HARRISON CAKE.

One cup of sugar, one cup of New Orleans molasses, one cup of butter, three eggs, four cups of flour, two teaspoonfuls of baking-powder, and one pound of seedless raisins. Spice to suit taste. Put together as above. MRS. HENRIETTA HILDRETH.

SILVER OR GOLD CAKE.

A generous half-cup of butter, one and one-half cups of sugar, two full cups of sifted flour, one-half cup of sweet milk, one teaspoonful of cream of tartar, one-half teaspoonful of soda and the whites of eight eggs. The gold cake is made with precisely the same ingredients save that the yolks of eight eggs are used. A. O. W.

CHOCOLATE LOAF CAKE.

Take one and three-fourths cupfuls of sugar, two eggs, one-fourth of a cup of butter, one-half cup of sweet milk, two cups of flour, three teaspoonfuls of baking-powder, one-quarter of a cake of chocolate dissolved in one-half cup of boiling water. Put the chocolate in last. Flavor with vanilla; stir hard. N. GAYLORD.

THANKSGIVING FRUIT CAKE.

One pound each of butter, sugar and flour, ten eggs, yellows and whites beaten separately, one-half pound of citron, two pounds of seeded raisins, two pounds of currants, two teaspoonfuls of baking-powder, one teaspoonful each of allspice, cloves, nutmeg and mace; flour the raisins and currants so that they will not settle to the bottom of the cake. Bake in a slow oven four hours. MRS. S. D. HILLIER.

CHOCOLATE GLACÉ CAKE.

(Loaf Style.)

Beat to a cream a generous half-cup of butter, and gradually beat into this one cup of sugar. Add one ounce of chocolate, melted; also, two unbeaten eggs; beat vigorously for five minutes, then stir in one-half cup of milk, and lastly one and one-half cups of flour, with which has been mixed one generous teaspoonful of baking-powder. Flavor with one teaspoonful of vanilla; pour into a buttered, shallow cake-pan, and bake for one-half hour in a moderate oven. When cool, spread with glacé icing.

GLACÉ ICING.—Put one-half cup of sugar and three tablespoonfuls of

water in a small saucepan. Stir over the fire until the sugar is nearly melted. Take the spoon from the pan before the sugar really begins to boil because it would spoil the icing if the syrup were stirred after it begins to boil. After boiling gently for four minutes, add one-half teaspoonful of vanilla extract, but do not stir; then set away to cool. When the syrup is about blood warm, beat it with a wooden spoon until thick and white. Now put the saucepan in another with boiling water, and stir until the icing is thin enough to pour. Spread quickly on the cake. MARIA PARLOA.

NEWPORT CAKE.

Take one quart of flour, three eggs, three tablespoonfuls of white sugar, three tablespoonfuls of butter, two teaspoonfuls of cream of tartar, one teaspoonful of soda. It requires about one cup of milk to make stiff batter. Bake in a quick oven; eat warm or cold as liked. It is nice for a tea dish, and the children like it. ANNIE GODDARD.

PORK CAKE—No. 2.

A very rich cake is made of the following ingredients: Chop one pound of fat pork very fine, stone and chop one pound of raisins; pour a pint of boiling water over the pork. Mix with this one cup of molasses, two cups of sugar, eight cups of flour, one tablespoonful of ground cloves, one tablespoonful of cinnamon, one tablespoonful of soda, one egg; add the white of the egg last. MRS. SARAH ROYCE.

WATERMELON CAKE.

For the white part take two cups of sugar, two-thirds of a cup of butter, the same of sweet milk, the whites of five eggs, a heaping teaspoonful of baking-powder sifted into three cups of flour, any flavoring you prefer. For the red part take one cup of red sugar, commonly called sugar sand, one-half cup of butter, two-thirds of a cup of sweet milk, two cups of flour, one teaspoonful of baking-powder, the whites of five eggs and one-half pound of raisins or English currants for the seeds. In filling the cake pan put the white part outside and the red part inside. Just before putting it into the oven drop in your seeds where they belong.

MRS. ALICE GEORGE.

COCOANUT LOAF CAKE—No. 2.

Use one cup of butter, four eggs (beaten separately), two cups of white sugar, one-half cup of sweet milk, one-half pound of dessicated cocoanut,

one teaspoonful of baking-powder; flour must be sifted in so as to make a soft batter but not soft enough to run. Bake slowly.

CLARA BUCKLEY.

ANGEL FOOD.

The whites of eleven eggs, one and one-half cups of granulated sugar, one and one-half cups of flour, one teaspoonful of cream of tartar, one teaspoonful of vanilla. Beat the whites of the eggs to a stiff froth, then sift flour and sugar separately ten times. Add sugar and flour, a little at a time, to the eggs. Bake forty minutes. Use a pan which has never been greased. MRS. ELLEN CATLIN.

ANGEL CAKE.

Use the whites of nine large eggs, a heaping cup of granulated sugar, a cup of flour sifted five times before measuring, one teaspoonful of baking-powder, a dash of salt, one-half teaspoonful each of lemon and vanilla flavoring. Separate the eggs, add salt and baking-powder to the whites and beat till very stiff; add sugar and flavoring, beat thoroughly, then carefully turn in the flour. Bake in a moderate oven fifty minutes.

B. A. NATHAN.

BRIDE CAKE.

As weddings are always in style, and as a cake made at home is not only more inexpensive, but also more desirable from the fact that the prospective bride usually compounds it, we give a very carefully prepared recipe for that purpose. This cake improves by being made some time beforehand. The following ingredients are necessary: One and one-half pounds of flour, one and one-half pounds of butter, one-half pound of candied lemon, one-half pound of candied orange, one-half pound of candied citron, one pound of dried cherries, one and one-half pounds of dried currants (if the cherries are not used, take two and one-half pounds of currants instead), eight ounces of almonds, eight eggs, the rind of four oranges or of two lemons rubbed upon sugar, one-half ounce of spices, consisting of powdered cinnamon, grated nutmeg, and powdered cloves in equal proportions, one teaspoonful of salt and a small tumbler of brandy. If objected to, the brandy may be omitted, and another egg may be added. Wash, pick, and dry the currants, cut the cherries into moderate-sized pieces, slice the candied peel into thin shreds, blanch and pound the almonds, or cut them into very small pieces, and crush the flavored sugar to powder. Put the butter into a large bowl, and beat it to a cream, either with a wooden spoon or with the hand. Add very gradually the sugar, flour, and eggs, and when they are thoroughly mixed work in the rest of the ingredients, a little at a time, and beat the cake between every addi-

tion. Beat it three-quarters of an hour. Line a tin hoop with double folds of buttered paper, pour in the mixture, and place it on a metal baking-sheet with twelve folds of paper under it, and four or five on the top, to keep it from burning. Put it in a moderately heated oven and keep the oven at an even temperature until it is done.

If the cake is to be iced, first prepare the almond part: Take one-half pound of almonds, throw them into boiling water, and skin them. Pound them in a mortar with a few drops of orange-flower water, one pound of fine white sugar, and as much white of egg as will make a soft stiff paste. Spread this over the top of the cake and keep it from the edge as much as possible. Put it in a cool oven, or in a warm place, till it is dry and hard. To make the sugar icing, put two pounds of icing sugar into a bowl and work into it the whites of two, or if necessary three, or even four, eggs. The whites must not be whisked, but thrown in as they are. Work the mixture to a stiff shiny paste, and whilst working it add occasionally a drop of lemon juice. Be careful to obtain icing sugar. If a drop of liquid blue is added it will look whiter. The icing needs to be worked vigorously to make a paste which will not run, and the fewer eggs used the better. The cake should not be iced until a short time before it is wanted, as it may become soiled. Spread the icing evenly over with hands wet with cold water, then smooth with an ivory knife, and put it in gentle oven to harden. Ornament the cake with little knobs of icing placed round the edge; and on the day of the wedding a wreath of white flowers and green leaves may be placed round it by way of beautifying, or any more elaborate ornamentation that may suggest itself.

MILDRED H.

CONVENTION CAKE.

One teacupful of white sugar, one cupful of sweet milk, one egg, one cupful of currants, two and one-half cupfuls of flour, two tablespoonfuls of butter, one teaspoonful of soda and two teaspoonfuls of cream of tartar. Bake or steam forty minutes. This cake can be eaten hot with a sauce as a pudding or cut up cold for tea. JULIA MARVIN.

POUND CAKE.

Take one pound and fourteen ounces of powdered sugar, one pound and two ounces of butter, twelve eggs, one and one-half pints of milk, three-fourths of an ounce of baking-bowder, three and one-half pounds of sifted flour; beat the eggs to a froth, rub sugar, butter and eggs together; then let stand till stiff and beat in milk and, lastly, the flour.

CATHARINE HAYDEN.

BLACK FRUIT CAKE.

One pound of butter, two pounds of raisins, stoned, two pounds of currants carefully washed and one pound of dark brown sugar, one-half pound of citron, one teaspoonful each of cinnamon, allspice, nutmeg, cloves and soda, one tablespoonful of New Orleans or black molasses, seven eggs, one pound of flour and enough sour milk to mix it quite stiff. Bake slowly. I. M. Dell.

GOLD CAKE—No. 2.

Beat well the yolks of eight eggs, one cupful of granulated sugar, one-quarter of a cupful of butter, one-half cupful of sweet milk, one and one-half cupfuls of flour, two teaspoonfuls of baking-powder; cream the butter and sugar together. Beat the yolks thoroughly and stir in the butter and sugar; add the milk, then the flour, and stir hard. Bake in a cake mold about forty minutes. B. Stacey.

MARBLE CAKE.

(Made of Ko-nut.)

Two-thirds of a cupful of Ko-nut creamed with one and one-half cupfuls of sugar, one-fourth of a teaspoonful of salt; add three eggs beaten light, one teaspoonful of vanilla, one cupful of water, three cupfuls of flour, three teaspoonfuls of baking-powder. Melt two ounces of Baker's chocolate in one tablespoonful of Ko-nut and add to one-third of above mixture. When filling the pan alternate the dark and light dough.

Myrtie E. Robinson.

SUNSHINE CAKE.

Use whites of ten eggs, yolks of six, one teaspoonful of cream of tartar, one and one-half cupfuls of sifted pulverized sugar, one cupful of flour, the grated peel of one orange. Beat whites till stiff, then cream in one-half of the sugar; beat the yolks very light, add flavoring and balance of sugar; put yolks and whites together and add flour and cream of tartar; mix quickly. Put in angel-cake pan. Bake about one hour in a slow oven. Hilda Vanquist.

VELVET SPONGE CAKE.

Sift five times one-third of a cupful of flour, also sift five times one half cupful of granulated sugar. Whip the whites of four eggs to stiff froth, add when partially beaten one-fourth of a teaspoonful of cream of tartar. Beat in the sugar, then the yolks of three eggs and lastly the flour, stirring very lightly after adding the flour. Flavor with vanilla. Bake in an unbuttered pan forty-five minutes. Gretta Tibbitts.

IDEAL SPONGE CAKE.

Two cupfuls of sugar, two cupfuls of flour, four eggs, one heaping teaspoonful of baking-powder, three-quarters of a cupful of hot water, grated rind of lemon. Stir together until creamy the sugar and the yolks of the eggs; add the flour and baking-powder which have previously been sifted together four times; then add the hot water; stir well until smooth and velvet-like; next add the whites of the eggs beaten stiff; flavor with lemon. The batter may seem too thin, but will be all right. L. B. M.

CORN-STARCH CAKE.

One-half cupful of starch, one-half cupful of flour, one-half cupful of fine granulated sugar, one-third cupful of butter, one teaspoonful of baking-powder and two small eggs. Beat the butter to a cream, add to it the sugar, then the eggs, and mix all well together. Stir in the flour, cornstarch and baking-powder previously sifted together. Beat for five minutes and bake immediately in a moderate oven. When done remove from the pan and stand the cake on its side to prevent its getting heavy.
B. I. T.

OLD-FASHIONED SEED CAKE.

Two cupfuls of flour, one-half cupful of sugar, one-half cupful of butter or clarified drippings, one teaspoonful of baking-powder, one egg, about two-thirds of a cupful of milk, one teaspoonful of caraway seeds and a pinch of salt. Stir together the flour, salt and baking-powder, rub in the butter lightly, and add the sugar and seeds. Beat the egg light and add it with the milk. Bake one hour in a steady oven. Mrs. T. J. G.

LEMON CAKE.

Two scant cupfuls of sugar, one-half of a cupful of butter, three eggs, two and one-half cupfuls of flour, one cupful of milk, two rounding teaspoonfuls of baking-powder, grated rind of one lemon and one-half teaspoonful of salt. Beat the butter with half the sugar, then add gradually the remainder of sugar, with the well-beaten eggs; next put in the grated lemon rind, being careful not to use any of the white pith. Lastly stir in the flour with which the baking-powder and salt have been sifted, alternately with the milk. Bake about forty minutes in a moderate oven and cover with lemon frosting. W. T. M.

ORANGE CAKE.

Two eggs, one cupful of sugar, one tablespoonful of melted butter, one-half cupful of milk, one and one-half cupfuls of flour, two level tea-

spoonfuls of baking-powder and the grated rind and strained juice of one orange. Beat the eggs and sugar together, add the melted butter, then the milk and lastly the flour and baking-powder sifted together. Stir in the orange rind and juice just before putting into the pan. Bake about thirty-five minutes in a moderate oven. L. E. P.

CHEAP SPONGE CAKE.

Two eggs, one cupful of sugar, one-half cupful of hot water, one cupful of flour, one and one-half teaspoonfuls of baking-powder, one pinch of salt and the grated rind of one-half of a lemon. Beat the yolks of the eggs with half the sugar, then add the water, the remaining sugar, the lemon rind and the flour sifted with baking-powder and salt. Lastly fold in the whites of the eggs beaten to a stiff froth and bake twenty-five minutes in a buttered and floured shallow pan. H. F. L.

HOT WATER SPONGE CAKE.

Four eggs beaten to a foam, two scant cupfuls of sugar, two cupfuls of sifted flour, two teaspoonfuls of baking-powder, two-thirds cupful of boiling water. Flavor to taste. GRACIA RULO.

COCOA CAKE.

(All measurements should be level.)

One-half cupful of butter, one cupful of sugar, three eggs, one teaspoonful of vanilla, three-fourths of a cupful of milk, six tablespoonfuls of cocoa, two teaspoonfuls of baking-powder and one and one-half to two cupfuls of sifted pastry flour. Cream the butter in a warm dish until soft, but not melted. Stir in the sugar gradually, beating well; then the beaten yolks of the eggs; also the vanilla. Sift the baking-powder and cocoa with one-half cupful of the flour and stir this into the mixture first; then alternate the milk and the flour, using enough flour to make the mixture stiff enough to drop from the spoon. Beat vigorously, then fold in the stiffly beaten whites of the eggs. Bake in a loaf in a moderately hot oven thirty-five or forty minutes, according to the size and shape of the pan.

MISS ELIZABETH K. BURR.

BONSALINA CAKE.

One cupful of butter, two cupfuls of sugar, three cupfuls of flour, one-half cupful of milk, five eggs, two teaspoonfuls of baking-powder. Bake in hearts and rounds. ADDIE MELLEN.

DATE CAKE.

Two cupfuls of sugar, four eggs, two cupfuls of dates, two cupfuls of walnuts, two tablespoonfuls of flour, two teaspoonfuls of baking-powder. Bake one-half hour in a slow oven. MRS. LIBBIE SALES.

SOUR CREAM NUT CAKE.

(Fine.)

Break two eggs in a large cup and fill the cup with sour cream. Put in a mixing bowl and add a level teaspoonful of soda and one cupful of sugar, beat all well, then add enough flour to make quite stiff, and flavor with vanilla. Take one pound of English walnuts, chop all but what you wish to put on top of the cake, and stir into the batter. Bake in a moderate oven. Ice the top and lay on the half meats. MARY L. ROWLEY.

BOSTON TEA CAKE.

Take two cupfuls of flour, one cupful of milk, two and one-half cupfuls of sugar, two eggs, three teaspoonfuls of baking-powder and one tablespoonful of melted butter. Bake this cake twenty minutes.

E. HARMON.

COCOANUT LOAF CAKE—No. 3.

Beat one-fourth cupful of butter to a cream; add gradually one cupful of powdered sugar, then three-fourths of a cupful of milk, then one cupful of cocoanut, add one heaping teaspoonful of baking-powder to two cupfuls of flour and sift; add flour and one teaspoonful of vanilla; fold in lightly the well-beaten whites of four eggs; bake in a loaf. This same recipe makes an excellent white cake by leaving out the cocoanut. C. A. R.

MOUNTAIN CAKE.

Take one pound of sugar, one-half pound of butter, one pound of flour, six eggs, the yolks and whites beaten separately, one cupful of sweet milk, three teaspoonfuls of baking-powder; make a frosting of three eggs and lay the same as for jelly cake. Flavor the cake with lemon and the frosting with vanilla. M. Y. PEASE.

MRS. LOTT'S CINNAMON CAKE.

One pound each of flour, sugar and butter, the whites of two eggs beaten high; flavor. Cut thin and bake quickly; watch to see that they do not burn. When done wash with the white of an egg and powdered cinnamon. Blanched almonds may be used, in which case less butter is needed. CONTRIBUTED.

PLAIN FRUIT CAKE.

One and one-half cupfuls of butter, three cupfuls of sugar, five cupfuls of flour, one cupful of sour cream, five eggs, one teaspoonful each of soda, cinnamon and cloves and one small glassful of grape juice. Use nutmeg, raisins and currants to taste. If the cream is rich add one spoonful more of flour.

MRS. JAMES WOODRUFF.

PICNIC CAKE.

The ingredients needed for making two medium-sized cakes are: one and one-quarter pounds of flour, one-half pound of currants, the same of sugar, six ounces of butter, three eggs, four teaspoonfuls of baking-powder, six drops of essence of lemon (or small quantity of grated nutmeg) and one teacupful of milk. First well mix all the dry ingredients, lastly adding the eggs and milk; beat well for a few minutes and bake at once.

MRS. SALLY O'CONNELL.

PLAIN NUT CAKE.

Take two cupfuls of sugar, one cupful of butter, three cupfuls of flour, one cupful of cold water, four eggs, one teaspoonful of soda, and two teaspoonfuls of cream of tartar; mix well and last of all add two cupfuls of kernels of hickory nuts or walnuts, stir in thoroughly. MRS. E. FORD.

COFFEE CAKE.

Use one cupful of brown sugar, one cupful of molasses, one-half cupful of butter, one cupful of strong coffee, one egg, or yolks of two, one heaping teaspoonful of soda in flour, one tablespoonful of cinnamon, one teaspoonful of cloves, two pounds of raisins, one-fourth of a pound of citron. Soften the butter, beat with the sugar, add the eggs, spices, molasses and coffee, then the flour, and lastly the fruit dredged with flour.

MRS. H. O. PAYNE.

SOFT GINGERBREAD.

(None Better.)

One-half cupful of sugar, one cupful of molasses, one-half cupful of butter, one teaspoonful each of ginger, cinnamon and cloves, two teaspoonfuls of soda dissolved in one cupful of boiling water, two and one-half cupfuls of flour; add two well-beaten eggs the last thing before baking.

MRS. KATHARINE DOUGLASS.

SOFT GINGERBREAD—No. 2.

One-half cupful of sugar, one cupful of molasses, one-half cupful of butter, one teaspoonful each of ginger, cinnamon and cloves, two teaspoonfuls of soda dissolved in one cupful of boiling water, two and one-half cupfuls of flour; add two well-beaten eggs the last thing before baking. (This is excellent.) MRS. E. WALLACE.

PLAIN GINGERBREAD.

One cupful of molasses, one cupful of sugar, one cupful of boiling water; dissolve one teaspoonful of soda in hot water; use one-half coffee-cupful of shortening, one teaspoonful of ginger and a little salt. Add flour enough to make it pretty stiff. MRS. CHARLOTTE GOODING.

CHOCOLATE GINGERBREAD.

Mix in a large bowl one cupful of molasses, one-half cupful of sour milk or cream, one teaspoonful of ginger, one teaspoonful of cinnamon and one-half teaspoonful of salt; dissolve one teaspoonful of soda in a teaspoonful of cold water; add this and two tablespoonfuls of melted butter to the mixture. Now stir in two cupfuls of sifted flour and finally add two ounces of chocolate and one tablespoonful of butter, melted together. Pour the mixture into three well-buttered deep tin plates, and bake in a moderately-hot oven for about twenty minutes. MARIA PARLOA.

MOLASSES GINGERBREAD.

One cupful of New Orleans molasses, one cupful of sugar, one-quarter cupful of butter, one cupful of warm water, one teaspoonful of soda dissolved in the water, one teaspoonful of ginger, three and one-half cupfuls of flour. When taking this from the oven, do not invert the pan.

H. BAILEY.

PLAIN GINGERBREAD—No. 2.

Melt one pound of butter in one quart of molasses that has been heated, take one-half pound of dark brown sugar, six eggs, three-quarters of a pound of ground ginger, one-quarter of a pound of ground allspice, two ounces of ground cloves, four tablespoonfuls of soda beaten into the molasses and three pounds of sifted flour. This amount can be reduced for a small family. Make it into loaves and bake in a moderate oven. Eat it cold. HARRIET HAIGHT.

Layer Cakes and Fillings for Same.

NUT FILLING.

Beat the whites of two eggs, one tablespoonful of powdered sugar to an egg, one cupful of chopped hickory or any nuts; frost the top with plain frosting and lay on the nuts whole. LAVINIA GRAVES.

ORANGE PINEAPPLE FILLING.

Grate three oranges, rind and pulp, take out seeds and add one cupful of grated pineapple. Beat the whites of two eggs to a stiff froth, stir into oranges and pineapple and sweeten to taste. Spread thickly between layers. EMILY.

HEATHER FILLING.

Boil one and one-half cupfuls of granulated sugar with six tablespoonfuls of water until it drops from the spoon in threads. Have ready beaten the white of one egg and pour the syrup slowly into it, beating all the time; flavor with extract of almonds. Spread between layers while warm and sprinkle each layer thickly with dessicated cocoanut. Ice the top in the same manner and sprinkle cocoanut all over the cake.

MRS. L. P. M.

CHOCOLATE FILLING.

Beat together thoroughly the whites of two eggs with enough confectioners' or powdered sugar to make a rather soft frosting (about one and one-half cupfuls), then stir into it one square of chocolate, previously melted. Beat all well together before using. LIDA M. SMITH.

ORANGE FILLING.

Take the juice of a large, ripe orange. Beat sugar with it till of consistence to spread. Stir till it is smooth and creamy; add a teaspoonful of the yolk of an egg. This amount should cover three layers.

MRS. G. POPE.

CARAMEL FILLING.

One cupful of brown sugar, one cupful of sweet milk, butter the size of an egg; boil till thick and flavor with vanilla. This must be spread on the cake before the filling is cold. MAY LESTER.

CHOCOLATE FILLING—No. 2.

Take one pound of Baker's cocoa to four pounds of white sugar; mix thoroughly with cold water to a thin paste. Put over fire and stir till smooth. Let it cool. For layer cake this must be made quite thick.

MRS. LOUISE COLE.

CHOCOLATE FILLING—No. 3.

(Uncooked.)

Melt one-quarter of a cake of chocolate in one-quarter of a cupful of hot water; stir in confectioners' sugar till thick enough to spread. Keep warm, but do not boil. Add a teaspoonful of vanilla extract. Stir till smooth. This will answer for three layers. MRS. JULIA HOFFMAN.

FIG FILLING.

Take a cupful of figs, cut into small pieces and put into a granite pan on the stove; pour over them one-fourth of a teacupful of water and add one-half cupful of sugar. Cook all together until it will hair from the spoon. Spread between layers of cake. C. A. M.

FRUIT FILLING.

Four tablespoonfuls of chopped citron, four tablespoonfuls of chopped seeded raisins, one-half cupful of blanched almonds, chopped fine, also four tablespoonful of finely-chopped figs; boil three minutes in three tablespoonfuls of sugar dissolved in water. Beat the white of one egg to a stiff froth, then mix thoroughly into this the whole of the chopped ingredients. Put it between the layers of cake when hot. S. T. O.

BANANA, PEACH OR PINEAPPLE FILLING.

Cut bananas into thin slices and sweeten; prepare a cream by thoroughly sweetening and whipping. Put a layer of fruit between the layers of cake and pour cream over each layer and over the top. C. I. A.

APPLE FILLING.

Peel and slice tart, ripe apples, put them on the fire with sugar to suit; when tender, remove, rub them, beat thoroughly and add a small piece of butter. When cold, spread between the layers. Cover the cake with icing. R. A. P.

PRAIRIE CAKE.

(Excellent.)

One cupful of molasses, one-half cupful of brown sugar, one-half cupful of melted butter, one teaspoonful each of cloves and cinnamon, two teaspoonfuls of soda in one cupful of boiling water, two and one-half cupfuls of flour, yolks of four eggs well beaten and added last; for filling take ten tablespoonfuls of boiling water and two cupfuls of sugar; boil until it will hair, and pour over the beaten whites of four eggs and one cupful of chopped and seeded raisins; mix and spread at once over layers and on top. Try it. MRS. I. H. HOFFMAN.

WHIPPED CREAM CAKE.

Two-thirds of a cupful of sugar, two eggs, two tablespoonfuls of sweet milk, two tablespoonfuls of baking-powder, one cupful of flour; stir the sugar in the well-beaten yolks of eggs, then add the whites beaten stiff, milk, flour, etc. Bake in two jelly tins eight or ten minutes.

FILLING.—Whip one cup of thick, sweet cream, then add two tablespoonfuls of pulverized sugar, season with vanilla and pour between and on top of layers. To be eaten while fresh. MRS. I. H. HOFFMAN.

PINEAPPLE CAKE.

Yolks and whites of three eggs well beaten together, one and one-half cupfuls of powdered sugar, one-half cupful of cold water, two cupfuls of flour, one-half teaspoonful of soda, one teaspoonful of cream of tartar; make in layers and between and on top spread one can of grated pineapple with the juice of one lemon sweetened to taste; with this mix beaten whites of three eggs, one cupful of powdered sugar and one teaspoonful of vanilla. LENA MATHER.

CHOCOLATE CREAM PIES (CAKE).

Beat to a cream one-half cupful of butter and one and one-quarter cupfuls of powdered sugar. Add two well-beaten eggs, a generous half cupful of milk and one and one-half cupfuls of sifted flour, with which has been mixed one and one-half teaspoonfuls of baking-powder. Bake this in four well-buttered, deep tin plates for about fifteen minutes in a moderate oven.

Put one-half pint of milk in the double boiler and on the fire. Beat together the yolks of two eggs, three tablespoonfuls of powdered sugar, and a level tablespoonful of flour; stir this mixture into the boiling milk, beating well; add one-sixth of a teaspoonful of salt and cook for fifteen minutes, stirring often. When cooked, flavor with one-half teaspoonful of vanilla extract. Put two of the cakes on two large plates, spread the cream over them and lay the other two cakes on top. Beat the whites of the two eggs to a stiff froth and then beat into them one cupful of powdered sugar and one teaspoonful of vanilla. Shave one ounce of chocolate and put it in a small pan with two tablespoonfuls of sugar and one tablespoonful of boiling water. Stir over a hot fire until smooth and glossy. Now add three tablespoonfuls of cream or milk and stir into the beaten egg and sugar. Spread on the pies and set away for a few hours.

MARIA PARLOA.

DANDY OHIO CAKE.

Two cupfuls of sugar, not quite two-thirds of a cupful of butter, three cupfuls of flour, one cupful of sweet milk, three eggs and three teaspoonfuls of baking-powder; when mixed put two-thirds of the mixture in two tins; to the remaining one-third add three tablespoonfuls of molasses, one-fourth of a teaspoonful of cloves, one-half teaspoonful of cinnamon and one cupful of raisins, seeded and chopped. Bake this in third tin. Put the three layers together with the dark in the center with frosting between and on top.

NOTICE.—In mixing, put together the usual way, except reserve one-half cupful of flour till the last and in it stir the baking-powder, adding a very little pinch of salt. MRS. M. E. ST. CLAIR.

ILLINOIS CAKE.

Five eggs, two cupfuls of sugar, one cupful of butter, two teaspoonfuls of baking-powder, three cupfuls of flour and one cupful of milk; flavor with vanilla.

FILLING.—One cupful of sugar and enough water to dissolve the sugar; put in a pan and let it simmer on the stove until it candies. Then chop fine one cupful of seedless raisins. Stir them in the candied sugar, beat two eggs to a froth and, last of all, stir them in; flavor slightly with vanilla. Spread as you would other filling. This makes two small cakes. One-half the amount will be sufficient for most families.

MRS. MINERVA LANE.

MINNEHAHA CAKE.

Take one and one-half cupfuls of granulated sugar, one-quarter of a cupful of butter, one-half cupful of milk, two cupfuls of flour, two teaspoonfuls of baking-powder, the whites of six eggs beaten thoroughly. For filling use one cupful of stoned raisins, one cupful of hickory nut meats, chopped fine, one cupful of sugar. Cover these with water and boil down until thick enough to spread on cake. MRS. H. P. JONES.

MAPLE LAYER CAKE.

Make the above layer cake. For a filling take two cupfuls of maple sugar (shaved), add one cupful of water and boil until it waxes when dropped in cold water. Remove from the fire and add two teaspoonfuls of butter; stir speedily and put between the layers. A delicious cake.

MRS. J. ADEN.

MARSHMALLOW CAKE.

Cream together one tablespoonful of butter and one-half cupful of sugar, add the yolk of one egg, then one cupful of milk; fold in the beaten white of one egg and lastly stir in gradually two cupfuls of flour which has been sifted with two teaspoonfuls of baking-powder. Bake in three layers. Take one-fourth of a pound of marshmallows; divide in three parts; when the cakes come from the oven place one-third of the marshmallows on each layer; put each layer in the oven until the marshmallows run together; now place one layer above the other and serve while hot.

O. T. F.

COCOANUT CREAM CAKE.

(Excellent with rich cream.)

Take one and one-half cupfuls of sugar, one teacupful of rich, sour cream, two eggs (well beaten), any kind of flavoring and lastly add one teaspoonful of soda sifted in two cupfuls of flour. Beat all well, bake in layers in moderately hot oven.

FILLING.—Take the heavy, sweet cream from one pan of milk and beat until stiff; add a little sugar and beat again; spread between the layers and on top. Over the sweetened cream sprinkle fresh grated cocoanut. To be eaten while fresh. MRS. L. A. HALL.

ICE CREAM CAKE.

The yolk of one egg and the whites of three, one cupful of sugar, one and three-fourths cupfuls of flour, one-half cupful of sweet milk, one-half cupful of butter, one-half teaspoonful of soda and one teaspoonful of cream of tartar. Bake in loaf.

ICING.—Beat the yolks of two eggs, to which add eight tablespoonfuls of powdered sugar, and flavor to taste. MAE BROWN.

MICHIGAN FRUIT CAKE (LAYER).

One scant cupful of butter, two cupfuls of sugar, three cupfuls of flour (measured before sifting), two teaspoonfuls of Price's baking-powder, rounded up, but not heaping, one cupful of sweet milk or milk and water, the whites of six eggs, three teaspoonfuls of lemon extract; cream the butter carefully, adding sugar, a little at a time and mixing thoroughly. Add the milk gradually, then flour and well-beaten whites alternately. mixing thoroughly. For the filling make icing of the whites of two eggs and one cupful of sugar, using recipe for boiled icing. Put a portion of the icing in separate dish and stir into it one cup of raisins, cut fine, mixed with citron and a few currants and spread between the layers. Ice the outside with the rest of the icing. C. W. HAMILTON.

HUCKLEBERRY CAKE.

Make a sponge of one-half cupful of milk, one-half cupful of brown sugar, one tablespoonful of butter, two cupfuls of unsifted flour and a heaping teaspoonful of baking-powder; this quantity makes three cakes by dividing it into three parts. Lay each part upon a pie plate and flatten it well with the palm of the hand. You can't roll this, as it is too soft. Of course, the huckleberries have been picked nice and clean, so put on a deep layer of them first. Put sugar over the berries and pour a custard over them. This custard is made of one-half pint of milk, two eggs, one tablespoonful of sugar and a little vanilla to flavor it. Some use too much vanilla, which destroys the delicate taste which a flavoring extract should give. ANNIE R. WHITE.

BANANA CAKE.

Cream one-third of a cupful of butter with one cupful of sugar, add two well-beaten eggs, one half cupful of milk and one and three-quarters cupfuls of flour. Bake in layers. When baked spread between the layers a little boiled icing and sliced bananas; to be eaten while fresh.
MRS. ELIZA LOCKE.

STRAWBERRY CAKE.

Three eggs, one cupful of sugar, two cupfuls of flour, one tablespoonful of butter, a heaping teaspoonful of baking-powder; beat the butter and sugar together and add the eggs well beaten. Stir in the flour and baking-powder well sifted together and bake in deep tin plates. This quantity will fill four plates. With three pints of strawberries mix a cupful of sugar. Spread the fruit between the layers of cake. Cover the top layer of strawberries with a meringue made with the white of an egg and a tablespoonful of powdered sugar. MRS. CHARLES ROSS.

WHITE COCOANUT CAKE (YELLOW FILLING).

The whites of four eggs beaten to a stiff froth, one and one-half cupfuls of sugar, one-half cupful of butter, one cupful of sweet milk, three teaspoonfuls of baking-powder and flour enough to make a moderately stiff batter. Bake in layers.

FILLING.—Take one-half cupful of sugar and one tablespoonful of water; let dissolve and then boil till it shreds. Add the yolks of four eggs well beaten and the juice of one-fourth of a lemon. Spread between the layers, sprinkling cocoanut on top. MRS. M. E. ST CLAIR.

ORANGE CAKE.

One cupful of sugar, one-half cupful of butter, the yolks of three eggs and one whole egg. Reserve two whites for frosting. Take one-half cupful of cold water, two cupfuls of flour, two teaspoonfuls of baking-powder, the juice of one orange. Bake in two layers. Ice with boiled icing, grating in the rind. MRS. G. L. GALBRAITH.

PERFECTION CAKE.

Sift one pint of flour with two heaping teaspoonfuls of baking-powder, wash six even tablespoonfuls of butter in cold water, then stir with it one-half pint of pulverized sugar to a light cream; flavor with one teaspoonful of vanilla; add alternatively the flour with two-thirds of a cupful of milk and the beaten whites of six eggs, taking care not to stir much after these ingredients have been added; pour the cake batter into two good-sized buttered tins, smooth, and bake in a slow oven.

FILLING.—Boil one-half pint of sugar with one-half cupful of water till it threads, then pour it slowly into the beaten whites of two eggs, add one-half teaspoonful of vanilla and four ounces of finely-chopped nuts; spread this over one cake, put on the other layer, pour over a pink sugar glaze, then a thin white glaze, and decorate the top with candied fruit and nuts. Make the glaze by putting one-half pint of sifted powdered sugar in a saucepan, add two tablespoonfuls of water and a few drops of strawberry juice to color it a desired pink. Stir over the fire till lukewarm, then pour it over the cake; leave the second glaze white. A. F. T.

TUTTI-FRUTTI CAKE.

Cream one small cupful of butter, add gradually one and one-half cupfuls of sugar, then the beaten yolks of three eggs, one at a time, and a small teaspoonful of vanilla extract. Take three level teacupfuls, of flour, add one and one-half teaspoonfuls of baking-powder; sift twice. Stir flour into the mixture, alternating with one-half cupful of milk; lastly, the whites of the eggs, beaten stiff. Bake forty minutes in a moderate oven. Bake in shallow pans. Spread one layer thinly with quince jelly and over that one-half cupful of chopped raisins, one-quarter of a cupful of chopped nuts, one-quarter of a cupful of cocoanut and the beaten white of one egg. Put top layer in place and cover with boiled icing. C. H. I.

DEVIL'S FOOD.

(Fit for Angels.)

Two cupfuls of sugar, one-half cupful of butter, two eggs, one-half cake of Baker's chocolate dissolved in one-half cupful of boiling water, a

little salt, one teaspoonful of soda in one-half cupful of sour milk and three cupfuls of flour. Bake in layers.

FILLING.—One-half cupful of cream or rich milk, one-half cupful of butter, two cupfuls of sugar and one teaspoonful of vanilla; mix these together with two tablespoonfuls of chocolate and cook until it becomes waxy; then cool and spread quickly on layers. MRS. GRENNARD.

INEXPENSIVE LAYER CAKE.

One cupful of sugar, one-fourth cupful of butter, two eggs, one and one-half cupfuls of flour, one-half cupful of milk or water, one and one-half teaspoonfuls of baking-powder. Beat the butter, add the sugar and beat again. Then stir in the yolks of the eggs, and next the flour and baking-powder sifted together, alternately with milk or water. Lastly fold in lightly the whites of the eggs beaten until stiff and turn into greased pans. Bake fifteen to twenty minutes in a moderately-hot oven. Put together with boiled icing. AUNT AMY

ROLL JELLY CAKE.

Three eggs, one cupful of sugar, three tablespoonfuls of cream, or one tablespoonful of butter, one cup of flour, one teaspoonful of baking-powder. Beat the eggs until very light, add the sugar, then the cream or melted butter and lastly sift in lightly the flour and baking-powder sifted together. Spread very thinly in shallow pans lined with soft paper and bake about twelve minutes in a quick oven. Turn from pan immediately, remove the paper, spread the cake with jelly and roll up while still hot. If the jelly is warmed slightly it will spread more quickly.

NELLIE BROOKS.

CHOCOLATE LAYER CAKE.

For two sheets of cake use three ounces of chocolate, three eggs, one and three-fourths cupfuls of flour, one and three-fourths cupfuls of sugar, one-half cupful of butter, one-half cupful of milk, one-half teaspoonful of vanilla extract, one and one-half teaspoonfuls of baking-powder. Grate the chocolate; beat the butter to a cream and gradually beat in the sugar Beat in the milk and vanilla, then the eggs (already well beaten), next the chocolate and finally the flour, in which the baking-powder should be mixed. Pour into two well-buttered shallow cake-pans. Bake for twenty-five minutes in a moderate oven. Ice or not, as you like. MARIA PARLOA.

CHOCOLATE WHITE CAKE.

Beat one-half cupful of butter to a cream and gradually beat into it one cupful of sugar. When this is light beat in one-half cupful of milk, a little at a time, and one teaspoonful of vanilla. Beat the whites of six eggs to a stiff froth. Mix one-half teaspoonful of baking-powder with two scant cupfuls of sifted flour. Stir the flour and whites of eggs alternately into the mixture. Have three deep tin plates well buttered and spread two-thirds of the batter in two of them. Into the remaining batter stir one ounce of chocolate, melted, and spread this batter in the third plate. Bake the cakes in a moderate oven for about twenty minutes. Put a layer of white cake on a large plate and spread with white icing. Put the dark cake on this and also spread with white icing. On this put the third cake; spread with chocolate icing. MARIA PARLOA.

CHOCOLATE CINNAMON CAKE.

One-half cupful of butter, two-thirds cupful of sugar, two eggs, one and one-half cupfuls of flour, two level teaspoonfuls of baking-powder, three level teaspoonfuls of ground cinnamon, one-half cupful of milk and a pinch of salt. Beat the butter and sugar well together, then add the eggs, one at a time, beating them well into the butter and sugar. Sift together flour, baking-powder, salt and cinnamon and add alternately with the milk, mixing thoroughly. Turn into two layer cake pans that have been previously lined with a soft paper. Bake in a moderate oven twenty-five minutes and if possible leave in the pans until cold. Frost and fill with chocolate filling. (See page 260 recipe for Chocolate Layer Cake.)

D. A. B.

COCOANUT CAKE CANDY FILLING.

Three-quarters of a cupful of butter, two cupfuls of soft, white sugar, one cupful of warm water, three eggs beaten separately or the whites of only six eggs, three cupfuls of flour, having in it two tablespoonfuls of baking-powder. Bake in jelly-cake pans, three layers. It takes eight ounces of crystallized cocoanut, soaked in tepid water to spread between the layers.

The top should be iced with the following boiled icing: Take two and one-half cupfuls of granulated sugar, one-half cupful of water, boil three minutes; when cool add the whites of three eggs well beaten.

MRS. PHEBE TYRELL.

BANANA CAKE.

Two eggs, one cupful of sugar, one-fourth cupful of butter, two and one-fourth cupfuls of flour, one cupful of milk, two level teaspoonfuls of baking-powder and a pinch of salt. Beat the sugar and eggs together until thick, sift together flour, salt and baking-powder and add them with the milk. Melt the butter without heating more than is necessary and stir it into the cake batter. Bake in layer pans. When cold, cover one layer with sliced bananas and over these a layer of frosting, made by beating together the whites of two eggs with one and one-half cupfuls of confectioners' or powdered sugar, until smooth. Reserve one-half of the frosting and use it to cover top layer of the cake. E. J. A.

MAUD S. CAKE.

Boil together one-half cake of chocolate, one cupful of granulated sugar, one-half cupful of milk, the yolk of one egg and let boil till thick and then set aside to cool. Then take one cupful of sugar, one cupful of sweet milk, one cupful of butter, two and three-quarter cupfuls of flour, two eggs, two teaspoonfuls of baking-powder. Flavor this with vanilla. Stir the chocolate mixture into this and bake on layer tins. When baked spread strawberry preserves between the layers. W. F. WHITE.

CHOCOLATE CARAMEL CAKE.

One scant cupful of butter, two cupfuls of sugar, one cupful of sweet milk, three cupfuls of flour, two teaspoonfuls of baking-powder, four eggs and one teaspoonful of vanilla. Cream butter and sugar, stir in the beaten yolks; add the milk, then the flour and baking-powder sifted well together, then the beaten whites and last the vanilla. Bake in four deep tins.

FILLING.—To one pint of sweet milk add two cupfuls of sugar, one-fourth of a cake of Baker's chocolate and butter the size of an egg. Cook until thick and spread between the layers. MRS. J. C. SPRADLING.

CHOCOLATE LAYER CAKE—No. 2.

Grate one cake of unsweetened chocolate, add four tablespoonfuls of flour, two teaspoonfuls of baking-powder, one cupful of sugar, five eggs beaten with the sugar. Beat the whole fifteen minutes and bake in layers.

FILLING.—One cupful of milk, one heaping teaspoonful of corn-starch, mixed smooth in milk. Beat three eggs separately, add the yolks to the cupful of milk, add two teaspoonfuls of vanilla extract. When warm, add butter the size of a hickory nut and one-half cupful of sugar. Stir in the beaten whites when cool. MRS. D. MURRAY.

ORANGE CAKE.

Two eggs, one cupful of sugar, one-quarter cupful of butter, one and one-half cupfuls of flour, one-half cupful of sweet milk, two rounding teaspoonfuls of baking-powder, one tablespoonful of orange juice. Beat the butter and sugar together, add the beaten yolks, then the milk, lastly the beaten whites and the flour, stirring hard. Bake in two or three layers about twenty minutes

FILLING.—For Orange Filling see page 249. MRS. G. POPE.

LEROY'S BIRTHDAY CAKE.

Two eggs, one cupful of sugar, one tablespoonful of butter, one cupful of sweet milk, one teaspoonful (heaping) of baking-powder, a little nutmeg and flour to make a dough just stiff enough to run. Bake in layers.

FILLING.—One teaspoonful of orange extract, two tablespoonfuls of sugar, one teaspoonful of butter and the yolk of one egg (white for icing), two-thirds of a cupful of boiling milk and one teaspoonful of corn-starch Take first enough of the milk to dissolve the corn-starch, add the butter and sugar and over this pour the balance of the milk boiling hot, stirring briskly till partially cold; then add the orange extract and the yolk of an egg well beaten. Fill between the layers and ice the top. Serve while warm. MRS. S. M. STILES.

WHIPPED CREAM CAKE—No. 2.

One-half cupful of granulated sugar, one-half cupful of butter, the whites of three eggs, two and one-half cupfuls of flour, two teaspoonfuls of baking-powder. Bake in layers.

FILLING.—One-half cupful of cream whipped stiff, one-half cupful of sugar; flavor to taste. MRS. C. ULLERY.

WASHINGTON CAKE.

One cupful of sugar, one egg, one-third cupful of butter, one-half cupful of sweet milk, one-half teaspoonful of soda, one teaspoonful of cream of tartar, one and one-third cupfuls of flour; flavor with lemon. Bake on two round tins; when done spread one cake with nice apple sauce or jelly; then put the other cake on top and sift powdered sugar over it.

B. E. J.

JELLY ROLL CAKE—No. 2.

Four eggs, one cupful of sugar, one cupful of flour, one-fourth of a teaspoonful of salt; beat the eggs and sugar together until very light, then

add flour; beat five minutes. Bake in a bread pan in a hot oven; when done spread the jelly and roll while warm; it must not be cut until cold.

MRS. M. RANNEY.

NEW ENGLAND PANCAKES.

Mix four tablespoonfuls of fine flour very smoothly with a little cold milk. Add gradually one-half pint of cream, a small pinch of salt, the well-whisked yolks of four and the whites of two eggs, a heaping tablespoonful of sifted sugar and two or three drops of lemon, almond, or any other flavoring. Let the batter stand for an hour before it is cooked, then fry it in pancakes as thin as possible. Strew a little sifted sugar and powdered cinnamon upon each pancake, and roll it round before putting it in the dish. Serve very hot.

LYDIA TOWN.

JAM ROLL.

Take one-quarter of a pound of loaf sugar, two eggs, the weight of one egg (one-eighth of a pound) in flour. Beat the yolks of the eggs briskly, add the sugar and mix well. Beat the egg whites to a very stiff froth, mix lightly and add the flour by degrees, beating all the time. Bake in a quick oven fifteen minutes. Turn out and roll quickly on a board sprinkled with flour.

MRS. B. BAUER.

PEACH CAKE FOR DESSERT.

Bake three sheets of Minnehaha cake, cut nice, ripe peaches in thin slices; prepare cream by whipping and sweetening; put layers of peaches between the sheets of cake; pour cream over each layer and over the top. To be eaten soon after it is prepared. Vanilla flavoring may be added if desired.

B. P. W.

PALM CAKES.

(For Palm Sunday.)

Mix one cupful of flour into which has been sifted one teaspoonful of baking-powder and one-fourth cupful of butter. Beat the yolk of an egg, add to it one-half cupful of sugar and beat again. Add the egg and sugar mixture to the flour and butter; add to this one-half cupful of hickory nut meats chopped fine and lastly add the beaten white of one egg. Roll out thin and cut in tiny palm-leaf fans or in the shape of tiny palm leaves and bake on oiled paper. Remove from oven and while hot trim into good shape if they have spread out. When cold spread over boiled icing and mark the palm ribs with a knife. Before serving tie a bit of white or green ribbon about the handle of each. Novel and good

P. W. B.

EASTER CAKELETS.

Make a silver cake after the silver cake recipe; spread about one-half inch thick on flat baking-tin and bake. When done, let partially cool, then take out of tin and lay on flat surface. Also make the gold cake after the gold cake recipe, at the same time adding a little yellow vegetable coloring if the color of the batter is not deep enough to represent the yolk of an egg. Then spread it about one-half inch thick on a tin. When baked, remove from tin and lay also on flat surface. Now, with a round cooky cutter, cut out the white cake, laying each piece again on a flat surface. With a smaller cooky cutter cut out the yellow cake, laying each piece in the center and on top of each round white cake. Boiled icing placed between them and over all, makes most delightful Easter cakelets. M. C. B.

INDIVIDUAL BERRY CAKES.

(Blackberry, Blueberry, Strawberry or Peach.)

Take one pint of flour, two teaspoonfuls of baking-powder, a little salt; sift together, then rub in two even tablespoonfuls of butter. Add enough milk to make a soft dough. Pour on bread board and pat down. Take a large round cutter and cut out the cakes. Lay on buttered pan and bake in quick oven. When done pull apart, spread with butter and lay over fresh ripe berries; roll in sugar; and serve with cream if desired.

MRS. L. A. B.

CHOCOLATE ÉCLAIRS.

Into a granite-ware saucepan put one-half pint of milk, two well-rounded tablespoonfuls of butter and one tablespoonful of sugar and place on the stove. When this boils up, add one-half pint of sifted flour and cook for two minutes, beating well with a wooden or granite spoon. It will be smooth and velvety at the end of that time. Set away to cool; and when cool, beat in four eggs, one at a time. Beat vigorously for about fifteen minutes. Try a small bit of the paste in the oven, if it rises in the form of a hollow ball the paste is beaten enough, whereas, if it does not, beat a little longer. Have tin sheets or shallow pans slightly buttered. Have ready, also, a tapering tin tube, with the smaller opening about three-quarters of an inch in diameter. Place this in the small end of a conical cotton pastry bag. Put the mixture in the bag, and press out on buttered pans, having each éclair nearly three inches long. There should be eighteen, and they must be at least two inches apart, as they swell in cooking. Bake in a moderately hot oven for about twenty-five minutes. Take from the oven and while they are still warm coat them

with chocolate. When cold, cut open on the side, and fill with either of the following described preparations:

FILLING No. 1.—Mix in a bowl one-half pint of rich cream, one teaspoonful of vanilla and four tablespoonfuls of sugar. Place the bowl in a pan of ice-water and beat the cream until light and firm, using either an egg-beater or a whisk.

FILLING No. 2.—Put one-half pint of milk in the double boiler and place on the fire. Beat together until very light one level tablespoonful of flour, one-half cupful of sugar and one egg; when the milk boils, stir in this mixture. Add one-eighth of a teaspoonful of salt and cook for fifteen minutes, stirring often. When cold flavor with one teaspoonful of vanilla.

ICING FOR ÉCLAIRS.—Put in a small granite-ware pan one-half pint of sugar and five tablespoonfuls of cold water. Stir until the sugar is partially melted and then place on the stove, stirring for one-half minute. Take out the spoon, and watch the sugar closely. As soon as it boils take instantly from the fire and pour upon a meat platter. Let this stand for eight minutes. Meantime, shave into a cup one ounce of chocolate and put it on the fire in a pan of boiling water. At the end of eight minutes stir the sugar with a wooden spoon until it begins to grow white and to thicken. Add the melted chocolate quickly and continue stirring until the mixture is thick. Put it in a small saucepan and place on the fire in another pan of hot water. Stir until so soft that it will pour freely. Stick a skewer into the side of an éclair and dip the top in the hot chocolate. Place on a plate and continue until all the éclairs are "glaced." They will dry quickly. Do not stir the sugar after the first one-half minute and do not scrape the sugar from the saucepan into the platter. All the directions must be strictly followed. MARIA PARLOA.

MACAROONS À LA ITALIENNE.

Pound one pound of Jordan almonds (to be obtained at confectioner's) quite fine with the whites of four eggs, add two and one-half pounds of sifted loaf sugar and rub them well together in a mortar. Add by degrees ten more whites, working them well as you put them in. Put the mixture into a tunnel and drop them on paper in pieces the size of a walnut. Cut three blanched almonds into small bits and place on each and bake them on flat tins in a slow oven. MRS. T. J. GAINES.

SMALL GINGER CAKES.

One cupful of butter, one cupful of sugar, one cupful of molasses, two eggs, two teaspoonfuls of baking-powder, two teaspoonfuls each of ground ginger and cinnamon, one teaspoonful of nutmeg, a pinch of salt and three

cupfuls of flour. Beat together the butter and sugar, add the yolks of the eggs and the molasses. Next stir in the flour, spices, baking-powder and salt, all sifted together, and just before baking beat the whites of the eggs well and fold them lightly in. Bake in small pans in moderate oven not over-filling the pans. B. A. W.

AUNT FANNY'S TEA CAKES.

Beat three eggs to a foam, add one cupful of sugar, five tablespoonfuls of melted butter, ten tablespoonfuls of milk, two teaspoonfuls of baking-powder and three cupfuls of flour. Flavor with lemon extract. Bake in patty pans. ROSE NORDEN.

MRS. WORTHINGTON'S COFFEE CAKE.

One cupful of white sugar, one-half cupful of butter, one-half cupful of liquid coffee, one-half cupful of molasses; never use syrup in cooking. Take the yolks of four eggs, one teaspoonful each of cinnamon, cloves, nutmeg and soda, two and one-half cupfuls of unsifted flour. Bake in patty pans with a quick oven. M. W.

CHOCOLATE SPONGE CAKE.

(Made of Ko-nut.)

One-fourth cupful of Ko-nut, one-eighth of a teaspoonful of salt, one and one-half cupfuls of sugar, one-half cupful of cold water, one and one-quarter cupfuls of flour, one-quarter cupful of Baker's cocoa, three level teaspoonfuls of baking-powder, three eggs, one teaspoonful of cinnamon. Cream Ko-nut, salt and sugar together, add yolks of eggs well beaten, then the water and lastly the flour, into which the baking-powder, cinnamon and cocoa should be sifted. Fold in the stiffly beaten whites of the eggs. Bake twenty minutes in muffin pans. MYRTIE E. ROBINSON.

CHOCOLATE GINGERBREAD FOR BOYS AND GIRLS.

(Made of Ko-nut.)

Use one cupful of molasses, add a teaspoonful of soda dissolved in a teaspoonful of cold water, one-half teaspoonful each of cinnamon, ginger and salt, one-half cupful of cold water, two cupfuls of flour and two ounces of Baker's chocolate melted in two tablespoonfuls of Ko-nut. Bake in gem pans for twenty minutes. MYRTIE E. ROBINSON.

SPICE CAKES.

(Made of Ko-nut.)

One cupful of molasses, one teaspoonful of soda, one-fourth teaspoonful each of salt, cinnamon, allspice and one-eighth of a teaspoonful of paprica, two tablespoonfuls of vinegar, two-thirds cupful of warm water.

one package of fig mince, three eggs, four cupfuls of flour, one-third cupful of Ko-nut melted. Bake in shallow pans twenty-five minutes.

MYRTIE E. ROBINSON.

ENGLISH WAFERS.

Beat the whites and yolks of six eggs separately, then pour in six tablespoonfuls of sugar, three tablespoonfuls of flour and two tablespoonfuls of arrow-root. Flavor to taste. WILLA K.

EVERY-DAY TEA CAKES.

One and one-half cupfuls of white sugar, two eggs, one-half cupful of butter, one and one-half cupfuls of sweet milk (if you have none use water), two cupfuls of flour and two teaspoonfuls of baking-powder. Beat the sugar, butter and eggs together and lastly the flour with the baking-powder sifted together. Flavor to taste (I generally use nutmeg). Bake in gem tins in a quick oven. MRS. M. L. LOCKWOOD.

SPRENGELA.

Four cupfuls of powdered sugar, eight eggs. Stir one-half hour; beat whites separately. Take two teaspoonfuls of baking-powder, the rind of two lemons, flour enough to roll out. Cut them out with a cake-cutter and let lie over night. Then sprinkle anise seed over them and bake.

M. O. BALDWIN.

PEPPER NUTS.

Take four cupfuls of fine sugar, eight eggs, stirring them for nearly one-half hour. Beat whites by themselves; rind of two lemons, two teaspoonfuls of baking-powder, flour enough to roll, two teaspoonfuls of cinnamon, one teaspoonful of ground cloves, one teaspoonful of allspice, one grated nutmeg. Cut them into any shape you choose and put two drops of brandy on each cake. Next morning turn them over and bake.

MRS. J. FULLER.

SPIDERS.

Make a noodle dough, cut in shape, and fry it in hot lard. Sprinkle powdered sugar over them when done. EMMA WOLF.

ALMOND SQUARES.

One-half pound of butter rubbed, one-half pound of sugar, one-half pound of chopped almonds mixed in, two eggs, one-half pound of flour and the grated rind of one lemon. Roll them out and cut into squares. Bake in a moderate oven. MRS. JANE PHILLIPS.

CINNAMON ROLLS.

(Good.)

Make a biscuit dough of one pint of flour, one and one-half teaspoonfuls of baking-powder, one-half teaspoonful of salt and a full tablespoonful each of butter and lard. Rub the shortening into the flour, having first thoroughly mixed in the salt and baking-powder. Use enough new milk to make a soft dough. Roll it out very thin and sprinkle on a cupful of granulated sugar well mixed with one teaspoonful of cinnamon. Then roll up tightly and cut across in slices from three-quarters of an inch to an inch thick. Lay upon a biscuit pan and bake quickly. Try these and see if they are not good. MRS. E. WALLACE.

MARGUERITES.

(See colored picture.)

For four dozen cakes sift four ounces of flour with four ounces of sugar, and one-fourth teaspoonful of salt, then add one-half cupful of lukewarm water, the whites of three unbeaten eggs, one teaspoonful of vanilla or lemon extract. Beat well, add two tablespoonfuls of melted butter and divide the batter into four parts; color one pink, one green, one purple and one cream. Vegetable and fruit colors are best for this purpose. Spinach for the green, strawberry for the pink, grape for the purple and a little orange for the cream. Oil a wafer iron, put one teaspoonful of the batter in the center, close and bake, taking care not to brown. Soon as done remove the cake and roll it up like a tube; continue till all are baked in the same manner. If you have no wafer pan a large common dripping-pan will answer. Spread out thin, leaving a space between each square; roll while hot. P. E. J.

MARGUERITES—No. 2.

One pound of figs and one-fourth pound of citron chopped fine, mixed with the beaten whites of three eggs and one-fourth cupful of sugar. Spread mixture on saratoga-chip crackers; set in oven and let remain until light brown. A. METTA HUBBARD.

AFTERNOON TEA WAFERS.

Take the whites of two eggs, one large cupful of confectionery sugar, one teaspoonful of vanilla; mix together with one-half pound of chopped English walnuts; spread this on Saratoga crackers and serve with afternoon tea. MARION WILLARD.

NUT BARS.

Two cupfuls of flour, one cupful of coarsely-chopped nuts, one-half cupful of sugar, two tablespoonfuls of butter, one teaspoonful of baking-powder, one-half cupful of milk, one egg and a pinch of salt. Sift flour, salt and baking-powder into a bowl, rub in the butter and add the nuts and sugar. Mix to a rather stiff dough with the egg and milk, turn on to a floured board and roll out two-thirds of an inch thick. Cut into bars of convenient size and fry in hot fat until golden brown.

CHICAGO COOKING SCHOOL.

BANNOCKS.

Take one pound of butter, one and one-quarter pounds of brown sugar, six eggs whipped to a thick cream, one teaspoonful of ginger, one and one-quarter pounds of white corn-meal and one and one-quarter pounds of flour. Cream the butter and sugar, beat in the eggs and ginger; stir in the meal and flour and make into a smooth dough. Bake in small cups or patty pans and let stand in them till cold. E. D. WHITTIER.

ALMOND JUMBLES.

(Children's Delight.)

Cream thoroughly three-quarters of a cupful of butter and one cupful of sugar. Add three eggs, first the yolks, then the whites, each beaten separately; add one-eighth of a cupful of canned fruit juice—peach, apricot, or any good juice, one-fourth of a cupful of corn-starch and sufficient flour to make a soft dough. Roll out thin, cut with a jumble cutter. Sprinkle the tops with blanched almonds and granulated sugar. Press lightly with a rolling pin, lay on greased pans and bake in a moderate oven. CATERER FOR CHILDREN'S PARTIES.

PLAIN JUMBLES.

Take three cupfuls of sugar, two cupfuls of butter, three eggs, four tablespoonfuls of sour cream and one teaspoonful of soda.

MRS. BRYANT.

PLAIN JUMBLES—No. 2.

Rub one pound of sugar and one pound of butter together. Beat well four eggs, add one-half teaspoonful of baking-powder and milk to make them soft. Roll thin and cut out with a cake cutter.

T. H. GREEN.

ROCK CRYSTAL JUMBLES.

Work three-quarters of a pound of butter into one and one-half pounds of flour, one-half pound of sugar and three eggs beaten well. Add one-quarter of a nutmeg grated, one-half teaspoonful of lemon or vanilla extract. Mix well, roll out to the thickness of one-eighth of an inch, grate loaf sugar over the dough; cut it with a biscuit or cake cutter, so that there will be a hole in the center. Lay them on flat tin plates and bake ten minutes, in a quick oven. MRS. F. T. MOUNT.

EXCELLENT COOKIES.

One cup of sugar, one-half cup of butter, two eggs, two tablespoonfuls of milk, two teaspoonfuls of baking-powder, a little nutmeg; flour to make a soft dough. MRS. E. M. MUCHANAN.

OATMEAL COOKIES.

One cupful of sugar, one cupful of butter, one-half cupful of sour milk, one teaspoonful of soda dissolved in the milk, two eggs, two cupfuls of oat-meal, two cupfuls of white flour, one cupful of chopped raisins. Mix soft, and roll. Cut in squares or with a cooky cutter. These are very delicious. This recipe calls for "Quaker Oats." MRS. G. L. GALBRAITH.

HERMITS.

One and one-half cupfuls of brown or maple sugar, one cupful of butter, one-half teaspoonful of soda dissolved in two tablespoonfuls of hot water, three eggs, a little nutmeg, pinch of salt, one and one-half cupfuls of seeded and floured raisins, three and one-half cupfuls of flour in which one teaspoonful of cream of tartar has been sifted, and one-fourth cupful of buttermilk. Drop the dough from the spoon in disconnected cakes.

O. C. A.

HOLLAND COOKIES.

(Fine.)

One quart of honey, two pounds of brown sugar, one quart of thick, sour cream, one heaping teaspoonful of soda, one-half pound of almonds, chopped fine, one-half pound of citron, chopped fine, one even tablespoonful of cinnamon, one-half tablespoonful of cloves, one-half tablespoonful of allspice, one even tablespoonful of salt, one-half of a nutmeg. Can use golden syrup in place of honey. MRS. MARION LOVEWELL.

FAIRY GINGER COOKIES.

One cupful of butter, two cupfuls of sugar, one cupful of milk, four cupfuls of flour, one-third teaspoonful of soda, one tablespoonful of ginger. Beat the butter to a cream; add the sugar, gradually, and when

light, the ginger and the milk in which the soda has been dissolved, and finally the flour. Turn baking pans upside down and wipe the bottoms very clean. Butter them and spread the cake very thin upon them. Bake in a moderate oven until brown. While still hot cut into squares and slip from the pan. Keep in a tin box. Remember to spread it as thin as a wafer and cut it the instant it is taken from the oven. J. I. C.

GINGER COOKIES.

(In print for the first time.)

Two cupfuls of dark molasses, one cupful of white sugar, one cupful of melted lard and butter, one cupful of hot water, two eggs, one heaping teaspoonful of soda, one rounding teaspoonful of salt, one rounding teaspoonful of ginger and one rounding teaspoonful of cinnamon. Beat together molasses, sugar and shortening, then add the eggs and two cupfuls of flour, or enough for a thick batter. Then stir in the salt and spices; then add hot water into which has been stirred the soda and beat smooth. Now stir in sufficient flour for stiff batter and let stand as long as convenient; all night is not too long. Roll as soft as possible, lay aside the trimmings of each fresh batch until all has been rolled once; put them all together and roll out. The softer the dough the better the cookies.

MRS. H. P. CRANDALL.

GINGER COOKIES—No. 2.

One cupful of shortening, one cupful of molasses, one cupful of sugar, one-half cupful of hot water. Use one teaspoonful of soda, salt, cinnamon and ginger. Bake them. MRS. E. CARROLL.

GINGER COOKIES—No. 3.

One cupful of sugar, one cupful of lard, one cupful of molasses, one-half cupful of hot water, one teaspoonful of soda, flour to roll out, and ginger to taste, usually about a tablespoonful. MRS. A. FORESTER.

COCOANUT COOKIES.

Take three eggs, one cupful of sugar, one cupful of butter, one cupful of cocoanut, three tablespoonfuls of sweet milk, one teaspoonful of baking-powder, one teaspoonful of vanilla extract, flour enough to roll out nicely. These cookies require a quick oven and must be rolled out very thin. The longer they are kept the more moist they become.

MRS. E. CASPER.

CHOCOLATE COOKIES.

Beat to a cream one-half cupful of butter and one tablespoonful of lard. Gradually beat into this one cupful of sugar, then add one-fourth teaspoonful of salt, one teaspoonful of cinnamon and two ounces of chocolate, melted. Now add one well-beaten egg, one-half teaspoonful of soda dissolved in two tablespoonfuls of milk. Stir in about two and one-half cupfuls of flour. Roll thin, and, cutting in round cakes, bake in a rather quick oven. The secret of making good cookies is the use of as little flour as will suffice. MARIA PARLOA.

SUGAR COOKIES.

One cupful, of white sugar, one-half cupful of butter, a pinch of salt, a little nutmeg, two eggs, three tablespoonfuls of sour milk, a scant half teaspoonful of baking-soda dissolved in the milk; flour to roll firm.

MRS. M. A. BURKE.

SUGAR COOKIES—No. 2.

(Can any thirteen-year-old girl beat this?)

Two cupfuls of sugar, one cupful of butter, three-fourths cupful of sweet milk, two eggs, five cupfuls of flour and two teaspoonfuls of baking-powder. Roll thin and bake quickly. Caraway seed may be added.

FLOSSIE FALCONBURY.

SCOTCH COOKIES.

Take two pounds of sugar, one pound of butter (one-half lard may be used), two eggs, one-half pint of molasses, one-half pint of water, one teaspoonful of soda; spices to suit the taste. MRS. ALICE LONG.

SUGAR COOKIES—No. 3.

Use two cupfuls of sugar, one cupful of lard stirred to a cream, two eggs beaten in a coffee cup, then fill it up with sweet milk; salt, and flavor with nutmeg or vanilla, one level teaspoonful of soda in two tablespoonfuls of scalding water or two heaping teaspoonfuls of baking-powder. Mix in a mass; bake quickly and keep in stone jars. They are fine.

MRS. M. E. HILTON.

SUGAR COOKIES—No. 4.

Five eggs, two cupfuls of sugar, one cupful of lard, salt to taste. Use on heaping tablespoonful of baking-powder, one nutmeg grated, two teaspoonfuls of lemon extract. Flour sufficient to make a paste that will roll out. MARIAN BELL.

OLD-FASHIONED GINGER CAKES.

Take one pint of good molasses and let come to a boil. In one-half cupful of hot water dissolve one heaping teaspoonful of soda, two tablespoonfuls of ginger and one teacupful of lard. Mix all with flour into a thick dough; roll thin and cut in squares; brush tops over with the white of a raw egg and bake quickly. LUCIA WEATHERLY.

GINGER SNAPS.

One cupful of brown sugar, one cupful of molasses, one tablespoonful of ginger, one teaspoonful of soda, one teaspoonful of cloves, one teaspoonful of cinnamon, one-half teaspoonful of red pepper, one cupful of lard or butter and three eggs. Make into dough, roll very thin and bake in a moderately heated oven. M. L. FORSHEE.

GINGER SNAPS—No. 2.

Put in a tin or granite-ware pan two cupfuls of molasses, one cupful of brown sugar, two-thirds cupful of lard, one heaping tablespoonful of ground ginger. Put the vessel on the stove, and let boil until it thickens a little. Dissolve heaping teaspoonful of soda in one-half cupful of tepid water and add to the other ingredients. Mix well before removing from stove. When cool sift in flour to make a very stiff dough. Roll very thin and bake. NELLIE SHANNON.

GINGER SNAPS—No. 3.

One cupful of molasses, three-fourths cupful of sugar, one tablespoonful of ginger, one teaspoonful each of cinnamon and allspice. Add to these half a cupful of creamed butter. Beat into this two teaspoonfuls of soda. Add flour to roll thin, and bake in a quick oven. F. T. WALL.

NEW YORK GINGER SNAPS.

Take one-half pound of butter, one-half pound of sugar, two and one-half pounds of flour, one pint of molasses, one teaspoonful of saleratus, one tablespoonful of ginger. This should be rolled *very* thin and baked but a few minutes. It improves greatly by being kept. P. C. DANE.

HEALTH COOKIES.

One cupful of sugar dissolved in one cupful of sweet milk, three eggs beaten thick, and lemon color; four teaspoonfuls of baking-powder, one-half cupful of English currants, one-half teaspoonful of cinnamon, grating of nutmeg, one-half teaspoonful of salt and two and one-half tablespoonfuls

of melted Ko-nut. Sift dry the ingredients thoroughly together and add alternately with the beaten egg. To this add melted Ko-nut and currants. flour sufficient to support the mixing spoon upright in the dough. Drop by rounded teaspoonfuls into smoking hot Ko-nut. Observe level measurement. MRS. E. HILLER.

SAND COOKIES.

One-half pound of powdered sugar, five eggs, beaten separately. Stir yolks and sugar one hour, then one-half pound of corn-starch, flavored with lemon. Bake thirty-five minutes. MRS. LIZZIE MOONEY.

FIVE-CENT COOKIES.

Three pints of flour, two teacupfuls of sugar, one scant cupful of lard, five cents worth of baking ammonia, five cents worth of oil of lemon and one pint of cold water. Sift ammonia and sugar with flour. Mix one-half hour and roll very thin. MRS. A. E. REAGOR.

MOLASSES COOKIES.

One quart of New Orleans molasses, one pound of brown sugar, two tablespoonfuls of lard, three eggs, three tablespoonfuls of baking-powder, one cupful of nuts, one teaspoonful each of cloves, cinnamon and nutmeg. Boil all together. When cold add flour to make stiff enough to roll out. Let stand a few hours before baking them. M. E. CHILDS.

MOLASSES COOKIES—No. 2.

These cookies are much liked by the children. Take one cupful of molasses, one tablespoonful of soda dissolved in the molasses. Butter the size of an egg, one-half cupful of milk. Flour to mix soft; a little ginger. Bake very quick. SUSIE ELLSWORTH.

PLAIN DOUGHNUTS.

One teacupful of white sugar, one coffee-cupful of sour milk, three eggs, one-half teaspoonful of grated nutmeg, two tablespoonfuls of melted lard, one teaspoonful of soda and one salt-spoonful of salt. Use just flour enough to make a dough as thin as can be handled.

MARGARET ISHAM.

DOUGHNUTS—No. 2.

Take two cupfuls of sugar, one salt-spoonful of salt, a small orange, juice and rind. This should be grated. Add two and one-half teaspoonfuls of baking-powder, two tablespoonfuls of lard, four eggs, two cupfuls of sweet milk. Flour to mix like soft biscuit. MRS. HELEN LOCKE.

IOWA DOUGHNUTS.

One cupful of granulated sugar, one cupful of sweet milk, four tablespoonfuls of melted butter, two eggs, three cupfuls of flour sifted with three teaspoonfuls of baking-powder, one-half teaspoonful of salt and one of vanilla; add sufficient flour to roll out; sugar while warm.

MRS. E. WALLACE.

NEBRASKA DOUGHNUTS.

One cupful of sugar, two eggs beaten light, one tablespoonful of melted lard, one cupful of sweet milk, two teaspoonfuls of baking-powder and one scant teaspoonful of salt. Season to taste. Flour to knead as soft as possible. Fry in hot lard. Sour milk is just as good by using one level teaspoonful of soda. MRS. ALICE WEATHERWAX.

DOUGHNUTS (SELECTED).

One and one-half cupfuls of sour milk, one-half teaspoonful of soda, one egg, one cupful of sugar, two tablespoonfuls of melted butter, one-half grated nutmeg, one teaspoonful of baking-powder and one quart of flour, or more if necessary. Put all ingredients in a bowl without stirring, then add the flour and baking-powder and stir quickly. Roll out and fry in hot lard after which roll in sugar. MRS. C. F. G.

DOUGHNUTS WITH YEAST.

One quart each of sweet milk and New Orleans brown sugar, one-half teacupful of butter and one-half pint of yeast. Set the milk on the stove, put in the butter and let it stand until melted; then mix up the dough with flour enough to make a stiff batter. Flavor with currants, cinnamon or nutmeg. MRS. JOHN WOOD.

NORWEGIAN DOUGHNUTS.

Rub four ounces of butter into three pounds of flour; add one pound of sugar, one teaspoonful of powdered cinnamon and one whole nutmeg, grated. Whisk four eggs, and mix them gradually with a gill of yeast and as much of a pint of new milk, flavored with rosewater, as will make the flour into a soft dough. Cover warm to rise and when risen make into balls, or into any form liked, and drop them into a saucepan of boiling lard. When of a fine brown color they are done, and should be laid before the fire on a sieve to dry. MRS. A. MYERS.

EVERY-DAY DOUGHNUTS.

To two pounds of flour add one-half pound of sugar, two ounces of butter, two ounces of baking-powder, one pint of sweet milk and two eggs. Rub butter and sugar and eggs together. Add the milk last. Sift the baking-powder through the dry flour. Fry in a deep kettle.

IVY WHITE.

SOUR CREAM DOUGHNUTS.

A cupful of white sugar, two eggs, salt, lemon extract, two large tablespoonfuls of melted butter, one cupful of sour cream and a teaspoonful of soda. Take flour enough to roll out easily. MRS. H. PAYNE.

WHOLE-WHEAT DOUGHNUTS.

One cupful of sugar, one cupful of sweet milk, three tablespoonfuls of melted butter, three teaspoonfuls of baking-powder, one-half grated nutmeg and enough whole-wheat flour to make a dough just thick enough to roll out. After frying roll in powdered sugar. I. W. P.

CHOCOLATE KISSES.

Use only the whites of three eggs well beaten, one pound of powdered sugar, one cake of sweet chocolate and one teaspoonful of vanilla. Bake in muffin pans. L. S. BROWN.

ALMOND MACAROONS.

One pound of powdered sugar, one pound of almonds and the whites of ten eggs. Bake on wafers or brown paper. P. A. THWING.

COCOANUT KISSES.

Beat the whites of two eggs with one cupful of powdered sugar and one cupful of dessicated cocoanut. Bake in rings or patty pans.

E. G. T.

KRULLERS.

One cupful of milk, one cupful of sugar, two eggs, one tablespoonful of lard melted, one teaspoonful of cinnamon, enough flour to make into dough. Roll out as thin as possible and cut in strips six inches long and one inch wide with a jagging iron or sharp knife. Fry in hot lard a very light, delicate, brown and lay on a towel or paper to absorb the fat. Will keep indefinitely (if under lock and key), and if placed a few minutes in the oven taste perfectly fresh. Fine with good coffee for Sunday morning breakfast. MRS. CELIA BETTS.

BIRTHDAY CAKES FOR CHILDREN.

One and one-half cups of sugar, a half-cup of butter or clarified drippings, two eggs, one cup of milk, two cups flour, one teaspoon baking powder, one-half teaspoonful of vanilla. Beat together the butter and sugar. add the eggs, then the flour, baking-powder and nutmeg sifted together. Place in small well-greased tins and just before putting into the oven drop a few seeded raisins on top of each cake. Spread on the top a few drops of boiled icing and on top of these some colored candies or cinnamon drops, as they are favorites with the little folks. AUNT MARY.

BROWNIES.

(For the Little Ones.)

One-third cup of butter, one-third cup of sugar, one-third cup of molasses, one egg, one scant cup of flour, one cup of pecan or other nuts, one-half teaspoon of baking powder. Cream the butter and sugar, add the molasses and egg, and lastly the flour and baking-powder sifted together. Stir in the nuts, and bake the cakes in small fancy pans well greased.

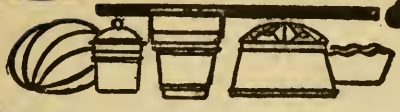
CINDERELLA CAKES.

(For Children's Parties.)

Use two eggs, one cupful of sugar, one cupful and a quarter of flour, one gill of cold water, one tablespoonful of lemon juice, one teaspoonful of baking-powder, one ounce of chocolate, half a tumbler of any kind of jelly, and chocolate icing. Separate the eggs, and beat the yolks and sugar together until light. Beat the whites until light, and then beat them with yolks and sugar and grated chocolate. Next beat in the lemon juice and water, and finally the flour in which the baking-powder should be mixed. Beat for three minutes, and then pour the batter into two pans, and bake in a moderate oven for about eighteen minutes. When done, spread one sheet of cake with the jelly, and press the other sheet over it; and when cold, cut into little squares and triangular pieces. Stick a wooden toothpick into each of these pieces, and dip each one into the hot icing; afterwards removing the toothpick, of course.

MARIA PARLOA.

Puddings AND PUDDING -SAUCES



IN MAKING puddings or dumplings the first matter of importance is to see that all the ingredients are fresh and good. The slightest taint will injure the whole pudding. Puddings are of three kinds —boiled, steamed, and baked. To steam a pudding, put it into a buttered tin pan or granite dish; tie a cloth over the top, first dredging it in flour and set into a steamer. Covet the steamer closely; allow a little longer time than you do for boiling. Boiling requires nearly twice the time required for baking.

Attention to the turning out of a pudding, so that it shall not be ragged or broken, is necessary. Puddings that are to be boiled should be put into plenty of boiling water, and kept at a steady boil. A baked pudding should be stirred once or twice after it has set, so that the fruit may not all sink to the bottom, while one that is boiled should be turned over for the same reason, and also to keep it from sticking to the bottom of the kettle. On removing a pudding tied in a cloth, plunge it quickly into a basin of cold water and it will readily separate. If there is much bread in the pudding, tie it rather loosely, to allow for its swelling, but a batter pudding cannot be fastened too lightly. An egg that is not strictly fresh must never be used. Salt should be added, in a small quantity, to all puddings.

The oven must be regularly washed, and the juice of pies, meats, etc., that have escaped in cooking scraped off. A pudding is lighter when boiled than when baked. Puddings will turn out of a basin well if it has been plentifully rubbed with butter.

If cloths are used, do not wash them with soap, unless well rinsed afterwards. Just before filling dip them into boiling water, squeeze them dry and dredge them with flour.

HOW TO CLEAN CURRANTS.

Put the required amount of currants in a colander and sprinkle with flour; rub them well until they are separated, and the flour and fine stems have passed through the strainer. Place the currants in a pan of cold water and wash thoroughly; strain and dry between clean towels. It hardens them to dry in an oven

WOMAN'S EXCHANGE

HOW TO CHOP SUET.

Take suet, when very cold break or cut in small pieces, sprinkle with sifted flour and chop quickly before it gets soft and sticky.

WOMAN'S EXCHANGE.

HOW TO STONE RAISINS.

Put the desired number in a dish and pour *boiling* water over them; cover and let remain ten minutes; this will soften so that the seeds will come out easily with a small knife. WOMAN'S EXCHANGE.

POP CORN PUDDING.

(Delicious.)

Take five quarts of popped corn and crush with a rolling pin, run it through a coffee mill to make it fine; this will make five pints of coarse meal. Mix this with four pints of sweet milk and set it on the back of the stove to soak for two hours or more. Then add two eggs, sugar, raisins and spices to taste; put on the hot stove and boil for a few minutes, stirring well to mix the meal with the milk; bake about one hour and serve hot. MRS. J. H. T.

HOLIDAY PUDDING.

Six ounces of malaga raisins, two ounces of orange peel, one-quarter of a pound of macaroons, five pounds of eggs, one tablespoonful of corn-starch, two cupfuls of milk, one teaspoonful of vanilla, four tablespoonfuls of sugar. In the cake mold put a row of raisins and bits of preserved orange peel, then a row of macaroons, then a row of raisins, and so on, the last being a row of macaroons. Don't fill the mold. Make a sauce of five eggs, corn-starch, milk and sugar, and mix the whole. Pour this sauce into the mold, put in a pan of hot water and bake in an oven not too warm. Knock out the pudding and serve with the following sauce:

SAUCE.—Beat together two yolks of eggs, one teaspoonful of corn-starch, four teaspoonfuls of sugar (pulverized), one tablespoonful of rum, two cupfuls of cream till thick enough and warm, but don't boil.

H. F. L.

PLUM PUDDING.

Take one quart can of large egg plums, leave out the juice and put into an ordinary sized pudding dish. Pour over it the following ingredients, well mixed: Three eggs, two cupfuls of sugar, one-half cupful of butter, one cupful of sweet milk, two teaspoonfuls of baking-powder and enough flour to make a stiff batter. Bake forty-five minutes. Now take

the juice of the plums and one-half cupful of sugar and boil three minutes and serve as a sauce. The latter can be thickened with a little corn-starch if desired. MISS CLARA STICE.

ENGLISH PLUM PUDDING.

Take one and one-half pounds of suet, one and one-half pounds of dry light brown sugar, one and one-half pounds of currants washed and dried thoroughly, one and one-half pounds of raisins, four nutmegs grated and sifted through a small tea strainer and thoroughly mixed, so they will not be lumpy; one-quarter of a pound of candied lemon peel, one-quarter of a pound of citron, one heaping teaspoonful of fine salt, mixed in the same way as the nutmegs, baker's bread enough to make a quantity equal in bulk to the suet. Use only the crumb of the loaf, rejecting the crust. It will take nearly one and one-half loaves of ordinary size, one-half pint of flour, nine eggs beaten very light and milk enough to wet the mixture. Chop the suet first, then add the bread-crumbs, sliced citron and peel, raisins and currants. Sift the salt and nutmegs in, stirring thoroughly. Next add the sugar and next sift in the flour. Then pour in the eggs, mixing thoroughly as before. Now comes the milk. You only need sufficient milk to wet the pudding about as moist as mince meat for pies should be made. Then butter your tin basin well, put in your pudding, leaving room for a stiff batter of flour and water which must be spread over the whole top of the pudding to exclude the air and water. Then take stout, unbleached cotton, tie it firmly over the top, round the rim of the basin, and bring the corners that hang down back again over the top, pinning them securely. Then put the pudding into boiling water and let it boil without cessation, eleven hours. The best way is to make them two or three days before needed, and then put them on again the day they are to be eaten, and boil from two to three hours more. A pudding prepared and cooked in this way is "fit to set before a king." Use cold sauce made of sugar, butter and wine, or hot brandy sauce. These puddings will keep a year. ANNIE R. WHITE.

CHRISTMAS PLUM PUDDING.

Chop one cupful of beef suet, two cupfuls of bread and one-half cupful of citron. Mix the citron, one cupful of seeded raisins and one cupful of currants, well washed, with part of a pint of flour. Put four well-beaten eggs, one heaping cupful of sugar, one teaspoonful of salt in one cupful of milk, one teaspoonful of cloves, two of cinnamon, one-half of a nutmeg in a bowl. Stir in the fruit, bread-crumbs and suet, putting in last a level teaspoonful of soda dissolved in warm water and adding the rest of the

flour. Mix thoroughly and boil four hours. Turn bottom-side up on platter, pour over it some good brandy and touch a match to it. Bring on the table while blazing. Serve with brandy sauce.

Miss Mamie Holley.

BOILED CHRISTMAS PUDDING.

One pound of stoned raisins, one-half pound of currants, one-quarter pound each of mixed peel, chopped suet and split almonds, one-half cupful of molasses, five eggs, three-quarters of a pound of stale bread-crumbs, two or three tablespoonfuls of flour; flavor to taste and sweeten with brown sugar. Boil five or six hours. Serve with hard sauce.

Mrs. L. Duncan.

PLAIN CHRISTMAS PUDDING.

Sift and mix with one and one-half pounds of flour, three teaspoonfuls of baking-powder; chop fine one pound of suet and mix with it ten well-beaten eggs, one teacupful of milk, one-quarter of a pound of sugar, one pound of raisins seeded and chopped and the same quantity of currants, one teaspoonful each of cinnamon, allspice and ground cloves, the grated rind and juice of a lemon and two ounces of citron. Mix thoroughly, dip the pudding cloth in hot water and sprinkle it with flour; tie up the ends and boil for five hours. For those who desire a colonial finish to the pudding, when done turn it out on a platter, pour over a little brandy and touch a match to it. Carry it to the table while blazing. To be eaten with any rich sauce.

Mary Evarts.

SWEET POTATO PUDDING.

Mix with one pound of sweet potatoes, grated raw, one-half teacupful of molasses, two beaten eggs, one tablespoonful of butter with two tablespoonfuls of sugar and enough milk to make a thin mixture; add one tea spoonful of ginger and spice to taste. Bake one and one-half hours.

Chef Palmer House Chicago.

FLORENTINE PUDDING.

Put a quart of milk into a pan and let it come to a boil; mix smoothly three tablespoonfuls of corn-starch and a little cold milk; add the yolks of three beaten eggs, one half teacupful of sugar and flavoring to taste; stir into the boiling milk and stir until of the consistency of starch ready to use, then put into the dish in which it is to be served. Beat the whites of eggs with a teacupful of pulverized sugar, spread over the top and place in the oven to brown.

Mary Bennett.

A FINE BREAD PUDDING.

Take one pint of nice bread-crumbs, one quart of milk, one cupful of sugar, and the well-beaten yolks of four eggs, the grated rind of one lemon and a piece of butter the size of an egg. Bake until done. Whip the whites of four eggs, and beat in one cupful of pulverized sugar to which has been added the juice of the lemon. Spread over the pudding a layer of jelly or raspberry jam or any sweetmeat best liked, then pour over it the whites of the eggs. Set in the oven to brown slightly. Serve cold with cream. This is an excellent dessert for an elaborate dinner as it may be made early in the morning, and so be ready for the table.

MRS. JANE SEARLES.

DELICIOUS BREAD PUDDING.

One-half pint of bread-crumbs (no crusts), one pint of sweet milk. Dissolve bread in that. Yolks of two eggs, one-half cupful of granulated sugar, grated rind of one lemon, piece of butter the size of a small egg; beat all together. Turn into a pudding dish, setting that in a pan of water and bake till it thickens, about one-half hour. Take out and squeeze over it the juice of the lemon, cover with beaten whites, sweetened and brown. Serve hot and at once before it falls. MISS WEBSTER.

BREAD CUSTARD PUDDING.

Make one pint of custard, cut thin slices of bread and butter to fill the pudding dish, and over each layer throw currants, sugar, finely-cut candied lemon and a little nutmeg. Pour the custard over by degrees so that the bread may be well saturated, and let it stand one hour before putting it into the oven. Just before it is put in, pour over the last of the custard and bake in a moderate oven for one-half hour. JANE KLEMPE.

GOOSEBERRY PUDDING.

One quart of scalded gooseberries rubbed smooth when cold with the back of a spoon. Take of the pulp six tablespoonfuls, one-half pound of sugar, one-quarter of a pound of melted butter, six eggs, the grated rind of two lemons and a handful of grated bread. Bake thirty minutes.

MARY HAWTHORNE.

GREEN GOOSEBERRY PUDDING.

Line a tart dish with light puff paste; boil for one-quarter of an hour one quart of gooseberries with one-half pound of sugar and a teacupful of water. Beat the fruit up with one-fifth of a pound of fresh butter, the

yolks of three well-beaten eggs, and the grated crumbs of a stale roll. These should be added when the fruit is cool. Pour the mixture into the dish and bake the pudding for from one-half to three-quarters of an hour.

MRS. C. CLARK.

LEMON PUDDING.

One quart of sweet milk, one pint of bread-crumbs, one cupful of sugar, a lump of butter the size of an egg, yolks of four eggs, grated rind of a lemon; bake one-half hour, then take the whites of the eggs, one cupful of sugar and the juice of the lemon. Beat the whites until stiff add the sugar and lemon juice, spread it on the pudding, place in the oven and brown.

MRS. C. FAY.

COTTAGE PUDDING.

One cupful of sugar, one tablespoonful of butter, two eggs, one cupful of sweet milk, three cupfuls of flour, one-half teaspoonful of soda, one teaspoonful of cream of tartar sifted with flour, one teaspoonful of salt; rub the butter and sugar together, beat in the yolks, then the milk and soda, the salt, and the beaten whites alternately with the flour. Bake in a buttered mold; turn out upon a dish; cut in slices; eat with vanilla sauce.

MRS. O. P. MORRIS.

ALMOND PUDDING.

Put one quart of milk into a double boiler; stir into it one heaping tablespoonful of sifted flour that has been stirred to a cream with a little of the milk. When cooked, take from the fire and let cool. Have ready one pound of sweet almonds blanched and pounded. Stir into the milk; add a pinch of salt, one-third cupful of sugar, flavoring and two well-beaten eggs, the yolks and whites beaten separately. Put bits of butter over the top. Bake one hour.

EMILY GOODWIN.

CRACKER PUDDING.

Grate soda crackers, pour one pint of boiling milk over, cover close. When they have stood one hour beat them fine with a spoon. Foam two eggs and add to it one-quarter of a pound of suet, salt, and one-half pound of seedless raisins. Boil two and one-half hours and serve with brandy sauce, or a sweet sauce.

S. SHEA.

CRACKER PUDDING—No. 2.

Grate crackers (soda or Boston preferred) and pour one pint of boiling milk over them, covering them closely with a plate or tin. After they have soaked two hours beat them fine with an iron spoon; then beat two

eggs to a foam, stir them in, add one-quarter of a pound of suet shredded and chopped very fine. Stone one-half pound of raisins and add with a little salt. Boil this two and one-half hours and serve with sauce.

EMMA HINMAN.

ORANGE PUDDING.

Take four good-sized oranges, peel, seed and cut into small pieces. Add one cupful of sugar and let it stand. Into one quart of *nearly* boiling milk, stir two tablespoonfuls of corn-starch mixed with a little water and the yolks of three eggs. When it is done let it cool and then mix with the orange. Make a frosting of the whites of the eggs and one-half cupful of sugar. Spread it over the top of the pudding and place the whole for a few minutes in the oven to brown. HATTIE MARCHANT.

MARMALADE PUDDING.

Two cupfuls of fine stale bread-crumbs, one cupful of rich milk, half cream preferred, yolks of five eggs beaten very light, one-half teaspoonful of soda stirred in boiling water, one cupful of sweet marmalade. Scald the milk and pour over the crumbs. Beat until half cold and stir in the beaten yolks, then the soda. Fill the pudding dish two-thirds full with the batter, set in a quick oven and bake one-half hour. When done turn out quickly and spread over the top a liberal spoonful of marmalade. Cover with the whites of the eggs beaten stiff and return to the oven to brown. ALICE BROOKS POTTER.

MOLASSES PUDDING.

One-half cupful of New Orleans molasses, one-half cupful of hot water, one-fourth of a small cupful of melted butter, one teaspoonful of soda, pinch of salt; steam one and one-half hours.

SAUCE.—One cupful of sugar, one-fourth cupful of butter, the yolk of one egg, one-half teaspoonful of corn-starch, one and one-half cupfuls of boiling water; when ready to serve add the beaten white of one egg.

MRS. R. M. SCHALLENBERGER.

HOMINY PUDDING.

Two cupfuls of cold boiled hominy, two tablespoonfuls of melted butter, three well-beaten eggs, one cupful of sweet milk; mix thoroughly, season to taste with salt and pepper; bake in a buttered pan for one-half hour. Serve with meat course at dinner. PEARL BARKER.

BAKEWELL PUDDING.

Line a pie plate with a rich crust; spread a layer of strawberry preserves, sprinkle two tablespoonfuls of finely-chopped blanched almonds and one-half ounce of candied lemon peel, cut in shreds, then mix the following ingredients: One-half pound of granulated sugar, one-quarter of a pound of melted butter, four yolks and two whites of eggs; add a few drops of essence of almond; beat all together and pour over the dish; bake in a slow oven until the middle seems firm; when cold sprinkle powdered sugar over the top. To be eaten cold with or without cream.

MINNIE PECK.

CURRANT PUDDING.

Five cupfuls of sifted flour and two heaping teaspoonfuls of baking-powder sifted well together, add one-half cupful of chopped suet or butter, one-half pound of currants and a pinch of salt. Wash and dry the currants, chop the suet fine; mix all the ingredients together and moisten with sufficient milk to make the pudding into a stiff batter; tie it up in a floured bag leaving sufficient room for it to swell; put it into boiling water and boil for three and one-half hours. Serve with hard sauce.

MRS. HENRY BOWER.

RICE PUDDING.

Wash one-half cupful of rice and put in a two-quart basin. Add to it two-thirds cupful of sugar, one-fourth teaspoonful of salt and a quart of milk. Grate over it a little nutmeg or flavor it with lemon or vanilla. Bake slowly one and one-half hours. Eat with lemon sauce.

MRS. MARY TATMAN.

RICE PUDDING—No. 2.

One-half cupful of rice in three cupfuls of sweet milk; steam until rice is soft, then add one pint of milk, one-half cupful of sweet cream, the yolks of three eggs beaten with five tablespoonfuls of sugar. Place to boil, and stir constantly. When cooked put in an earthen dish and spread frosting over it made of the whites of three eggs and five tablespoonfuls of sugar beaten and flavored. Let brown. E. PLUNKETT.

GRAPE RICE PUDDING.

Wash and stem two cupfuls of grapes, remove the skins, then heat so as to put through colander and remove seeds. Put pulp and skins

together. Put into baking dish and sprinkle among them one-half cupful each of boiled rice and sugar, pour over them one-half cupful of water, cover close and bake two hours in slow oven. Serve cold with cream.

G. H. P.

LEMON RICE PUDDING.

For a small pudding cook one-half cupful of rice, add one pint of milk, one-half cupful of sugar, the yolks of two eggs and the grated peel of one lemon. Bake in a quick oven. When done beat the whites of eggs to a stiff froth and add sugar sufficient to thicken, and the juice of one lemon. Spread evenly over the pudding and return to the oven and brown a very little. GUILLIA G. WILLIAMS.

GROUND RICE PUDDING.

Mix two ounces of ground rice smoothly with four tablespoonfuls of thick cream. Add one-half pint of new milk which has been boiled with an inch of cinnamon or the rind of a lemon. Stir over the fire until the mixture thickens and add two ounces of fresh butter, two ounces of sugar and a tiny pinch of salt. Pour the pudding into a basin and when cold mix with it the yolks of three and the white of one egg and a wine-glassful of sherry, or one-half wine-glassful of brandy. Put some apricot or any other jam at the bottom of a buttered pie dish, cover with the mixture, and bake in a moderate oven. Sift a little pounded cinnamon or powdered sugar over the pudding before serving. MRS. M. FRANCIS.

APPLE AND ENTIRE-WHEAT BREAD PUDDING.

One pint of entire-wheat bread-crumbs, one pint of chopped apples, mix and add two-thirds cupful of chopped suet or butter, one cupful of raisins seeded, one egg, one tablespoonful of flour, one small teaspoonful of baking-powder, one-half teaspoonful of salt. Mix with one-half pint of milk and boil or steam about two hours. Serve with vanilla sauce.

ALICE HILL.

RYE-BREAD PUDDING.

One cupful of sugar, four eggs, one-half cupful of blanched almonds, one-half cupful of citron; one cupful of grated rye bread, one and one-half teaspoonfuls of baking-powder. Bake forty minutes.

MRS. HAYES.

FARINA TART PUDDING.

One cupful of sugar, the whites of six eggs, one-quarter of a cupful of zwiebach (German toast), three-quarters of a cupful of farina. If you do

not wish the toasted bread substitute a full cupful of farina. Add one-half pound of shelled walnuts, two teaspoonfuls of baking-powder. Bake and make a cream filling. MRS. H. A. BONARD.

FARINA PUDDING.

To one and one-half cupfuls of boiling milk add one-half cupful of farina and cook seven or eight minutes. Rub together a teaspoonful of butter and one tablespoonful of sugar. Add the yolks of two eggs and one dozen blanched almonds. Then add the whites of three eggs beaten to a froth. This pudding should be boiled in a mold one hour and any pudding sauce is suitable to accompany it. MRS. C. BALDWIN.

MINUTE PUDDING.

(New England Style.)

Set a granite saucepan on the stove, the bottom and sides buttered, put into it one quart of sweet milk, one-fourth of a teaspoonful of salt; when it boils sift into the boiling milk white or graham flour, sifting it through the fingers, a handful at a time, until it becomes smooth and rather thick. Turn it into a dish that has been dipped in water. Serve with sweetened cream. This pudding is improved by adding canned or fresh berries just before taking from the stove.

A TRUE VERMONTER.

MILTON PUDDING.

Use one pint of staple bread broken in crumbs, one quart of milk, two eggs, one-half teaspoonful of salt, one-half teaspoonful of ground cinnamon, three tablespoonfuls of sugar and two ounces of chocolate, grated. Put the bread, milk, cinnamon, and chocolate in a bowl and soak for two or three hours. Beat together eggs, sugar and salt. Mash the soaked bread with a spoon and add the egg mixture to the bread and milk. Pour into a pudding dish and bake in a slow oven for about forty minutes. Serve with an egg sauce or a vanilla cream sauce. MARIA PARLOA.

RHUBARB PUDDING.

Chop enough rhubarb to nearly fill your baking dish and sprinkle sugar over it. Mix in another dish one cupful of sour milk, two eggs, butter the size of an egg, one-half teaspoonful of soda and flour to make a batter as for cake. Spread over the rhubarb and bake until done. Turn out on the platter upside down and serve with cream and sugar.

MRS. I. R. DALZILL.

RHUBARB PUDDING—No. 2.

Line the pudding dish with thin slices of bread and butter, cover with rhubarb cut into two-inch lengths strewed with sugar. Then alternate slices of bread with a layer of rhubard till the dish is full, having the rhubarb on top. Pour in one-half teacupful of water, cover with a plate and bake one-half hour. Eat with cream sauce.

MRS. ELIZA FROMINGTON.

NEAPOLITAN CUSTARD PUDDING.

Cut two sponge cakes into slices and spread a little jam over each slice. Place them in a buttered pie dish, sprinkle over them six or seven powdered biscuits, a little bitter almond flavor and pour over the whole a custard made as follows:

CUSTARD.—Sweeten one-half pint of milk with three lumps of sugar which have been well rubbed upon the rind of a large fresh lemon. Let the custard nearly boil, then stir into it a tablespoonful of flour mixed smoothly with a little cold water. Add two ounces of fresh butter and stir the mixture over the fire until it thickens. When almost cold add the well-beaten yolks of three eggs, put the pudding into a moderate oven and bake until it stiffens. Whip the whites of the eggs to a firm froth, spread this on the top of the pudding and sift a tablespoonful of powdered white sugar over the surface. Put the pudding in the oven again eight or ten minutes before it is served, that the eggs may stiffen a little.

HARRIET TIBBITTS.

TAPIOCA CREAM PUDDING.

One cupful of tapioca soaked over night in cold water. Boil one quart of milk and stir in the tapioca; boil ten minutes, stirring all the time. Dissolve one tablespoonful of corn-starch in one-half cupful of milk, add the beaten yolks of four eggs, stir into the tapioca; add a little salt, sweeten to taste and boil up once. Flavor to taste. Beat the whites of four eggs and two tablespoonfuls of sugar; flavor, spread over the pudding and brown lightly in the oven. One-half of this quantity is sufficient for a good-sized family. MRS. LOTTIE MILLER.

BAKED TAPIOCA PUDDING.

Wash four tablespoonfuls of tapioca in water, let it boil with one quart of milk and the thin rind of a lemon or an orange, or one inch of cinnamon. Pour it into a basin, let it get cold, sweeten it and take out the peel. Beat

it up with three eggs and an ounce of butter. Pour it into a buttered dish and bake the pudding in a hot oven. The edge of the dish may be lined with puff paste or not. MRS. E. EATON.

APPLE TAPIOCA PUDDING.

Soak one cupful of tapioca over night in six cupfuls of water. Next morning add six large tart apples chopped fine, one cupful of sugar and bake slowly about four hours. Serve either warm or cold with sweetened cream. MRS. H. HUNTING.

DAMSON PUDDING.

Shred up very finely one-quarter of a pound of beef suet and rub it well into one-half pound of flour. Use as much water as will make a smooth, firm paste, then line a well-buttered basin and cut a cover for the top. Fill with the damsons and sweeten to taste. Tie a floured cloth firmly over the top and boil steadily two and one-half to three hours. A mixture of apples and damsons do well together. SARAH WHITE.

MARROW PUDDING.

Rub stale bread through a wire sieve to make one-half pint of fine crumbs. Pour upon these one and one-half pints of boiling milk, soak a while, then add whilst still hot one-quarter of a pound of clarified fat, one-quarter of a pound of raisins, sugar and nutmeg to taste. Beat the mixture till the fat is melted, stir in four eggs, put the pudding into a buttered mold and boil three hours. O. C.

RAISIN COCOANUT PUDDING.

Mix two eggs well beaten with a cupful of new milk and the milk of the cocoanut, if the latter is quite sweet. Take off the brown skin of the nut and grate the white part as finely as possible. Mix it with three tablespoonfuls of finely-grated bread-crumbs, three tablespoonfuls of sifted sugar, two ounces of butter beaten to cream, six ounces of Muscatel raisins, and a teaspoonful of lemon rind thinly sliced. Beat all well together, pour the mixture into a well buttered pie dish and bake it in a rather slow oven. Turn it out and serve with sifted sugar strewn over it. This pudding may be either baked or boiled. MRS. C. HADDON.

CREAM COCOANUT PUDDING.

Put one pint of milk in a double boiler; rub four tablespoonfuls of corn-starch in a little cold milk, then add to the scalding milk, stirring until thickened. Beat the whites of three eggs to a very stiff froth; add

one-half cupful of sugar and the whites to the pudding. Beat well over the fire for three minutes, then add two cupfuls of cocoanut and one teaspoonful of vanilla, and turn into a mold to harden. Serve with vanilla sauce. MRS. GEORGE GREGORY.

ENGLISH SAGO PUDDING.

Three-quarters of a cupful of pearl sago washed and put into one quart of milk; let it stand on the heater until the sago has well swelled. While hot, put in two tablespoonfuls of butter with one cupful of white sugar and one teaspoonful of vanilla. When cool, add the well-beaten yolks of three eggs, then put in a buttered pudding dish and bake from one-half to three-quarters of an hour; when done remove and place to cool. Beat the whites of the eggs with two tablespoonfuls of sugar till light and frothy; spread the pudding with either jelly or jam and then cover with frosting; put in the oven for a couple of minutes to brown.

A. F. G.

CREAM SAGO OR APPLE SAGO PUDDING.

Make the same as Cream Tapioca and Apple Tapioca Pudding, substituting sago for tapioca.

SNOW PUDDING.

Pour upon three tablespoonfuls of corn-starch (dissolved in a little cold water), one pint of boiling water; add the whites of three eggs beaten stiff, a pinch of salt and a little sugar. Pour into a pudding dish and steam fifteen minutes.

SAUCE.—Beat the yolks of the eggs, add one cupful of sugar, one cupful of milk, butter the size of a walnut and boil until it thickens.

MAE BROWN.

STEAMED FRUIT PUDDING.

One cupful each of molasses, bread-crumbs, water, flour and currants. Also one egg beaten, three level teaspoonfuls of melted butter, one teaspoonful of soda, a pinch of salt and a little cinnamon. Mix all together lightly, and pour into a tin pail with cover. Steam two hours. Eat with cream and sugar or any kind of pudding sauce preferred.

MRS. O. T. LEARNED.

CORN PUDDING.

From four good-sized ears of green corn split down the middle of grain with a knife, shave off the outside and scrape out all juice on the cob. Beat up four eggs, four tablespoonfuls of sugar with butter the size of an

egg; then add one pint of good rich sweet milk and the corn last. Put in a pan with a little nutmeg grated on the top and bake in a moderate oven until brown. Serve with good rich cream. MRS. MARY A. DUDINT.

BAKED INDIAN SUET PUDDING.

Scald three cupfuls of milk and pour over five tablespoonfuls of corn-meal. Add one cupful of molasses, one-half cupful of chopped suet, one-half of a nutmeg grated, one teaspoonful of ginger and a little salt. Butter a pudding dish, pour in a cupful of cold milk, then the mixture and bake well for two hours. MRS. HATTIE LONG.

BOILED INDIAN PUDDING.

Boil one pint of milk and scald two cupfuls of corn-meal. When cool add one cupful of flour, one and one-half cupfuls of chopped suet, one and one-half cupfuls of molasses, salt. Add two eggs. Boil three hours. To be eaten with maple syrup. F. O. RAY.

EAST INDIA PUDDING.

Soak for one hour a cupful of bread-crumbs in a cupful of milk; stir into it three eggs well beaten, three tablespoonfuls of butter and three tablespoonfuls of flour into which has been sifted one teaspoonful of baking-powder. Have ready one-half cupful of minced figs and the same quantity of seeded raisins. Dredge the fruit with flour and stir it into the pudding, pour into a large pudding mold with a tight-fitting top, leaving room for the pudding to swell. Steam for three hours and serve with sauce. MRS. DR. BUCKLEY.

INDIAN FRUIT PUDDING.

Make a batter of one pint of hot milk and corn-meal to make it stiff. Add one-half cupful of molasses, one teaspoonful of salt, one teaspoonful of dissolved soda and one cupful of currants. Tie the pudding in a wet cloth leaving room for it to swell, put it in boiling water and boil three hours. To be eaten with maple syrup. MISS R. CAYTON.

APPLE PUDDING.

Peel, core and slice enough apples to fill a baking dish. Butter the dish thickly, and put in the apples in layers, alternating them with stale cake-crumbs, and a little melted butter, using two tablespoonfuls of the latter to one pint of apples. Let the last layer be a thick one of cake-

crumbs. Set the dish in a moderately hot oven until the apples are tender, then beat together two eggs and two tablespoonfuls of sugar (more sugar if apples are tart), take one cupful of milk and pour over the apples. Bake to a rich golden color and serve with cream. IVY DELLBRIDGE.

TRANSPARENT PUDDING.

Beat eight eggs well, put them into a pan with one-half pound of finely-powdered sugar, one-half pound of fresh butter, the grated outer rind of one lemon and the juice of three lemons. Stir it over the fire till it thickens, then pour it into a basin to cool. Line the edge of a buttered pudding dish with thin puff paste, pour in the pudding and bake for three-quarters of an hour in a moderately hot oven. It is clear, light and very nice, either cold or hot. MATTIE HUGHES.

ECONOMICAL PUDDING.

One cupful of bread-crumbs, two cupfuls of chopped apples (tart), one cupful of sugar, one teaspoonful of cinnamon, two tablespoonfuls of butter. Butter a deep dish and put in a layer of apples; sprinkle with sugar, a few bits of the butter and a little cinnamon; proceed in this manner, putting a layer of crumbs between each and on the top; bake three-quarters of an hour and eat with sugar and cream. MRS. ELIZA MARTIN.

HUCKLEBERRY PUDDING.

Huckleberry pudding is quite an institution at our house. Make a crust of flour and nice beef suet, about three-quarters of a pound of the suet after it is shredded and chopped fine to one quart of sifted flour. A little salt is added, and it is wet to a paste with very cold water. Then roll the crust out quite thin, lay berries—a goodly quantity of them—on, bringing the edges of the crust together, lapping and pinching them so that the berries do not escape. Tie the pudding up in a cloth and boil till done. Then remove the pudding from the cloth and lay it on a platter. Cut a square hole and pour in a coffee-cupful of syrup, replace the piece of crust and bring the pudding to the table. Syrup for sweetening is better than sugar, because it makes it juicier. Use a plain sauce with this pudding, made of a very little sugar, flour, butter and water, flavored with a teacupful of huckleberries crushed. Let come to a boil.

AGNES KENT.

RAISIN PUDDING.

These puddings are light and nice. Chop suet enough to make one and one-half cupfuls, stone one and one-half cupfuls of raisins. (Some

like less fruit). Take two cupfuls of sweet milk, one cupful of molasses, three and one-half cupfuls of flour; chop the suet and raisins together and mix the whole, adding one teaspoonful of soda. Steam two hours.

BERTHA GULLE.

PRINCE ALBERT'S PUDDING.

Beat to a cream one-half pound of fresh butter and mix with an equal weight of fine white sugar. Add to these first the yolks and then the whites of five eggs, which have been thoroughly beaten separately; throw in lightly one-half pound of fine flour and one-half pound of stoned raisins. Put these ingredients, well mixed, into a buttered mold, or floured cloth, and boil for three hours. Serve with sweet sauce. BERTHA PRINCE.

BREAD CUSTARD PUDDING.

Three cupfuls of sweet milk, three well-beaten eggs and one-half cupful of sugar. Beat thoroughly and turn into a one-quart dish. Cut two thin slices of bread, butter and lay on top of the custard with the buttered side up. Grate a little nutmeg on the buttered bread and bake in a quick oven until brown. S. J. SAWYER.

PINEAPPLE PUDDING.

Cover one-half cupful of tapioca with cold water and let soak three hours. Drain off the water and place in double boiler. Cover with boiling water and cook until clear. Then add the juice of two lemons, one cupful of sugar, one-half pint of grated pineapple and remove from the fire. Stir in the whites of two eggs, beaten stiff. Serve cold with cream.

MRS. C. SPECHT.

APPLE, ORANGE OR JAM ROLY-POLY

Make a rich dough as for biscuit. Roll out one-half inch thick and spread thick with sliced oranges, or thin slices of tart apples or damson jam, or any fruit jam desired. Roll it as you would a sheet of music, then lay it in long tin pan with the lapped side of the dough on top and bake one-half hour.

If it is preferred boiled, tie it in a cloth that has been well dredged with flour and boil for two hours. A hard sauce to use on it is made by beating one-half cupful of butter with a cupful of fine sugar and adding the whites of two eggs, one at a time and still beating till very light. Then add slowly the flavoring—a teaspoonful of vanilla or lemon. Put into a deep dish; sprinkle with grated nutmeg and let it harden.

MRS. BEN FOREST.

PEACH COBBLER.

Fill a shallow pudding dish or deep earthen pie plate with ripe, peeled peaches leaving in the pits to increase the flavor of the fruit. Add cold water to half fill the dish and cover the whole with a light paste rolled to twice the thickness used for pies. Cut slits across the middle, prick with a fork and bake in a slow oven about three-fourths of an hour. The peaches should be sugared before putting on the crust. Serve either warm or cold, the crust should be inverted after being cut into sections, and the peaches piled upon it. Eat with sweet cream.

MRS. G. GUNN.

AMBER PUDDING.

Into a quart of boiling milk stir a teacupful of corn-meal and one quart of sliced sweet apples; add one teaspoonful of salt and one teacupful of molasses. Mix thoroughly. Add two quarts of milk; pour into a large, buttered dish and bake in a slow oven four hours. When cold, a clear, amber-colored jelly will have formed throughout the pudding and the apples will be of a rich dark brown. A. PRESS.

NUT PUDDING.

One pint of milk, four eggs, three-fourths cupful of sugar, one-half cupful of finely chopped almonds, sherry wine enough to taste, one-half teaspoonful of baking-powder, a pinch of salt; beat the eggs separately, boil the milk, add the yolks of eggs, wine, almonds, the whites of the eggs last; brown the sugar, pour it around your pudding mold; steam two hours. Serve with brandy. MRS. LESLIE WILLITT.

THRIFTY PUDDING.

Stale sponge cake, cut in slices and laid in bottom of baking dish; then fill to the top of dish with either stewed peaches or apricots; then put cake on top in slices and make a meringue of whites of two eggs beaten light and then add two tablespoonfuls of sugar; spread over top and put into oven to harden for a few moments; serve cold with cream.

A FAITHFUL HELPMATE.

FRUIT PUDDING (STEAMED).

One teacupful each of molasses, water, suet (chopped fine) and seeded raisins, one-half teaspoonful of salt, three and one-half teacupfuls of flour, one teaspoonful each of cinnamon and allspice, a pinch of cloves, one-half teaspoonful of soda, dissolved in the molasses; steam three hours.

Sauce.—One teacupful of sugar, three-quarters teacupful of butter; mix to a cream, add one egg, the juice of one-half of a lemon and one pint of boiling water; cook five minutes. Miss Gilmore.

CHERRY ROLL.

Make rich biscuit dough; roll out into two squares. In center of square heap berries, cherries or any fresh or even stewed dried fruit, and two tablespoonfuls of sugar. Pinch the ends and edges well as you fold over. Bake in moderate oven. Serve with butter and powdered sugar creamed together or cream and sugar. Julia Howitt.

SPICE PUDDING.

One cupful of sour milk, one-half cupful of molasses, one scant teaspoonful of soda, one-half cupful of chopped suet or one-half that quantity of butter, a little salt, spice or ginger to taste. Fruit may, with fine effect, be added. Serve with brown sauce.

Sauce.—One cupful of milk, one tablespoonful of butter, two tablespoonfuls of sugar, two tablespoonfuls of flour and two tablespoonfuls of molasses. Stir all together and boil ten minutes. Flavor to taste.

Ina Preston.

OLD-FASHIONED APPLE JOHN.

One pint of flour, two teaspoonfuls of baking-powder, two tablespoonfuls of butter, one cupful of milk, one quart of ripe tart apples cut in eighths. Sift flour and baking-powder together. Rub in the butter and mix to the consistency of biscuit dough. Roll out. Have the apples ready, peeled and cut; put them in a deep pie plate and put the crust on top and bake. When done, reverse and cover with sugar and bits of butter. Serve with cream and sugar. Grandma Locke.

BLACKBERRY ROLL.

One pint of flour sifted with one heaping teaspoonful of baking-powder; mix into this one tablespoonful of butter and one-fourth teaspoonful of salt; add three-quarters of a cupful of milk and roll out one-third of an inch thick. Spread thickly with any kind of berries, sift sugar over and roll. Bake one-half hour and serve hot with the following:

Sauce.—Cream together one-half cupful of sugar and one tablespoonful of butter; one cupful of mashed berries and one cupful of boiling milk. Wet one teaspoonful of corn-starch in enough milk to dissolve it and stir in slowly. Let boil three minutes and serve. Aunt Carrie.

DATE PUDDING (BOILED).

Chop fine one cupful of suet. Add one cupful of sugar and the yolks of two eggs beat together until light, then add one cupful of milk and three cupfuls of flour. Beat until smooth, add one-half teaspoonful of cinnamon, one-half teaspoonful of salt, one-fourth of a nutmeg grated, the well-beaten whites of the eggs and one teaspoonful of baking-powder. Mix well and add one pound of washed, stoned and chopped dates, slightly floured; turn into a greased mold and boil continuously for three hours. Serve hot with hard sauce. MRS. A. M. MORRIS.

HEALTH PUDDING.

One cupful of tapioca, three generous pints of cold water, one-half teaspoonful of salt, one-half teacupful of sugar, one tumbler of crab-apple jelly. Wash the tapioca and soak it in the water over night. In the morning put on in the double boiler and cook one hour, stirring often. Add salt, sugar and lastly jelly. Turn into a mold that has been dipped in cold water and set away to cool and harden. Serve with cream and sugar.

AN OLD NURSE.

DRIED PEACH PUDDING.

Let come to a boil one pint of milk; while hot pour it over one pint of bread-crumbs (entire-wheat bread if desired); stir into this one teaspoonful of cold butter and one pint of dried peaches stewed soft. When all is cool add two eggs well beaten, one-half cupful of sugar. Put in a well-greased pudding dish and bake one-half hour; serve warm with hard sauce. NANNIE JENNINGS.

BLUEBERRY COBBLER.

Take a pudding dish, line it with pastry and fill with ripe, luscious well-picked blueberries. Sprinkle with sugar and cover with a top crust, gashed with a knife. Bake slowly one-half hour and serve with cream and sugar. MARY BUTTLER.

GRAHAM PUDDING.

Two cupfuls of graham flour, one cupful of currants or raisins, one cupful of sweet milk, one cupful of molasses, one egg, one even teaspoonful of salt, one teaspoonful of soda. Mix all together. Pour into the pudding pail and boil two and one-half hours. A MOTHER.

GREENING PUDDING.

Peel, core and slice sufficient apples to fill a baking dish, butter the dish and put in the apples in layers, alternating them with stale cake

crumbs and a little melted butter, using two tablespoonfuls of the latter to a pint of apples. Let the last layer be a thick one of cake crumbs; put in a moderately hot oven until the apples are tender, then beat together two eggs and two tablespoonfuls of sugar (more should be used if apples are very tart), add one cupful of milk and pour over the apples. Bake a rich golden color and serve with cream. Other tart apples may be substituted if desired. JESSIE BARTLETT.

BOILED APPLE DUMPLINGS LIKE GRANDMOTHER MAKES.

To prepare a crust take one pint of flour, one tablespoonful of lard, one-half teaspoonful of soda dissolved in hot water, one teaspoonful of cream of tartar and one-half teaspoonful of salt, sifted through the flour. Use sweet milk or water and mix the dough a little stiffer than for biscuits; roll out a little thicker than pie crust, cut into squares and put in the center of each a nice, sour apple, pared and cored; fill the hole left by the core with sugar, a bit of butter and a little crab-apple jelly; bring the corners of the dough together, pinching them well to make a firm ball; tie in loose cloths, which have been dipped in hot water and floured on the inside. Boil steadily in plenty of water one hour. Some prefer these steamed or baked. Serve hot with sweetened cream or butter and sugar.
MARION LOVEWELL.

FIG PUDDING.

One-quarter pound of figs, chopped fine, one-quarter pound of bread-crumbs, one-quarter pound of brown sugar, one-quarter pound of suet, one-quarter pound of candied citron and lemon peel and five eggs. Mix thoroughly; steam or boil four hours. MRS. BRYCE.

FIG PUDDING—No. 2.

One-half cupful of sugar, one-half cupful of molasses, one-half cupful of butter, one cupful of sweet milk, two eggs, three cupfuls of flour, one pound of chopped figs, two teaspoonfuls of baking-powder, a pinch of soda, one-half cupful of currants, one-half teaspoonful of nutmeg and one-half teaspoonful of cinnamon; steam in mould three hours; serve with whipped cream sauce. MISS INEZ BURBANKS.

FIG PUDDING—No. 3.

One-fourth of a pound of figs chopped fine, two cupfuls of bread-crumbs, one cupful of brown sugar, one-fourth of a pound of suet chopped fine, two eggs, the grated rind and juice of one lemon, one dessert-spoon-

ful of molasses, one-half grated nutmeg, one tablespoonful of flour. Steam three hours and serve with boiled sauce flavored with lemon.

MRS. JONES.

BIRD'S NEST PUDDING.

Pare and quarter three apples, lay in well-buttered deep dish. Make a batter of two eggs, one cupful of flour, three-quarters of a cupful of milk, a little salt, no sugar; pour over the apples. Bake forty-five minutes in a moderate oven. Serve with sweet sauce. MRS. GEO. SPENCE.

PRUNE PUDDING.

One pound of prunes, one-half pound of walnuts or almonds, the whites of four eggs, one cupful of sugar, whipped cream; flavor to taste. Stew prunes and when cold remove stones, then chop fine, also chop nuts and put in dish with sugar and well-beaten whites of eggs. Whip cream, flavor, and spread on top. MRS. W. H. CARRICK.

PRUNE PUDDING—No. 2.

Beat a teacupful of flour to a smooth paste with a little cold milk. Add two well-beaten eggs, a pinch of salt and as much milk as will make a rather thick batter. Wash one-half pound of prunes and simmer them in a little water till they are quite soft. Drain off the liquid, take out the stones, sprinkle a little flour over the prunes and then stir them into the pudding. Pour the pudding into a cloth and tie it securely, but leave a little room for the pudding to swell. Plunge it into boiling water and keep the pudding boiling until it is done enough. Serve with sweet sauce.

MRS. DELIA SIMPSON.

AGNEW PUDDING.

Pare and core eight russets and boil them to a pulp with the rind of one-half lemon. Beat up the yolks of three eggs and add to them three ounces of melted butter; sweeten to taste and beat all together. Line a pudding dish with puff paste, pour in the mixture and bake until it becomes a light brown color. It will require, to bake, thirty minutes.

H. A. VANE.

SUET PUDDING.

One cupful of chopped suet, one teacupful of molasses, one cupful of sweet milk, three and one-half cupfuls of flour, one full cupful of raisins, one cupful of currants, one teaspoonful of soda, a pinch of salt, one-half

teaspoonful of cinnamon, one-half teaspoonful of allspice, one-half teaspoonful of cloves. Steam two hours. Citron or lemon peel may be added if desired. MRS. BELLE HAZEN.

SUET PLUM PUDDING.

One cupful of chopped suet, one cupful of New Orleans molasses, one cupful of sour milk, one cupful of seeded raisins, three and one-half cupfuls of flour, one egg, one-half teaspoonful of cloves, one teaspoonful of cinnamon and one-fourth of a nutmeg, a little salt, one teaspoonful of soda; boil three hours; eat with Vanilla or hard sauce.

MINNIE THAYER.

MONTREAL PUDDING.

One cupful of suet, one cupful of molasses, one cupful of fruit, one cupful of sweet milk, one and one-half cupfuls of flour and one teaspoonful of soda. Steam two hours. MRS. GEO. SPENCE.

COTTAGE PUDDING.

Two eggs, one cupful of granulated sugar, two-thirds cupful of butter, one-half cupful of sweet milk, two cupfuls of flour, two tablespoonfuls of baking-powder, one teaspoonful of vanilla and one teaspoonful of lemon. Mix the butter and sugar, then add the beaten yolks, milk, flavoring, about one-half of the flour and baking-powder, then the whites of the eggs beaten to a froth and, lastly, the balance of the flour. Have the cake about two inches thick and bake in a long tin.

PUDDING SAUCE.—One tablespoonful of butter (not melted) and one heaping tablespoonful of flour beat to a cream. Add one large teacupful of boiling water, let set on stove until it comes to a boil, stirring all the time to avoid being lumpy. Add one teaspoonful of lemon and four tablespoonfuls of sugar. LEONA HORTON.

CHOCOLATE PUDDING.

Reserve one gill of milk from a quart and put the remainder on the fire in a double boiler. Mix three tablespoonfuls of corn-starch with the cold milk. Beat two eggs with one-half a cupful of powdered sugar and one-half teaspoonful of salt. Add this to the corn-starch and milk and stir into the boiling milk, beating well for a minute. Shave fine two ounces of chocolate and put it into a small pan with four tablespoonfuls of sugar and two tablespoonfuls of boiling water. Stir over a hot fire until smooth and glossy; then beat into the hot pudding. Cook the pudding in all ten minutes, counting from the time the eggs and corn-starch are added. Serve cold with powdered sugar and cream. This pudding

can be poured while hot into little cups which have been rinsed in cold water. At serving-time turn out on a flat dish, making a circle, and fill the center of the dish with whipped cream flavored with sugar and vanilla. The eggs may be omitted, in which case use one more tablespoonful of corn-starch. MARIA PARLOA.

CHOCOLATE MERINGUE PUDDING.

For a small pudding use one pint of milk, two and one-half tablespoonfuls of corn-starch, one ounce of chocolate, two eggs, five tablespoonfuls of powdered sugar, one-fourth of a teaspoonful of salt and one-half teaspoonful of vanilla extract. Mix the corn-starch with one gill of milk. Put the remainder of the milk on to boil in the double boiler. Scrape the chocolate. When the milk boils, add the corn-starch, salt and chocolate and cook for ten minutes. Beat the yolks of the eggs with three tablespoonfuls of sugar. Pour the hot mixture on this and beat well. Turn into a pudding dish that will hold about one quart and bake for twenty minutes in a moderate oven. Beat the whites of the eggs to a stiff, dry froth and gradually beat in the remaining two tablespoonfuls of sugar and the vanilla. Spread this on the pudding and return to the oven. Cook for fifteen minutes longer, but with the oven door open. Serve either hot or cold. MARIA PARLOA.

APPLE SLUMP.

Cut apples as for pies and fill a rich undercrust of a good thickness; cover with a thick top crust and bake in a slow oven for about one hour; when baked remove the top crust, add sweetening, seasoning, and butter one-half the size of an egg; then remove part of the apple. Place the top crust in an inverted position upon what remains, and the apple that has been taken out on top of that. Should be eaten hot. W. T. M.

BROWN BETTY.

One cupful of bread-crumbs, two cupfuls of chopped tart apples, one-half cupful of sugar, one teaspoonful of cinnamon and two tablespoonfuls of butter, cut into small pieces. Butter a deep dish and put a layer of the chopped apple at the bottom; sprinkle with sugar, a few bits of butter and cinnamon; cover with bread-crumbs, then with more apple. Proceed in this order until the dish is full, having a layer of crumbs at the top. Cover closely and steam three-quarters of an hour in a moderate oven; then uncover and brown quickly. Eat warm with sugar and cream or sweet sauce. Serve in the dish in which it is baked.

MRS. ELIZA POUSLAND.

BROWN BETTY—No. 2.

To one-third cupful of bread-crumbs, soaked in three cupfuls of milk until soft, add two-thirds of a cupful of apples chopped finely. Add one-half tumbler of sugar, one egg broken into the mixture, one teaspoonful of butter and a little nutmeg. Stir thoroughly and bake like a custard.

ELIZA THOMPSON.

DELICIOUS APPLE DUMPLINGS.

Chop one pound of suet very fine. Add a little salt and flour enough to make a dough, when wet up with cold water. Knead this as little as possible—only enough to roll out and cut. Pare, core and quarter tart apples. Cover each apple with dough, pressing it together so it will not burst open and wrap white cloth about it, first wetting the cloth in hot water. Pin each dumpling tightly up and drop it into *boiling* water. Do not let them cease boiling until done. An hour's time is ample. Make a sweet sauce for them or eat butter and sugar upon them.

MRS. LYDIA FLOYD.

SNITZ GLOSE.

Make a dumpling of two eggs to one quart of flour and one-half teaspoonful of salt; add sufficient water to make a drop dumpling; take one-half pound of dried peaches, one-half pound of prunes and one-half pound of raisins; put fruit in the kettle with just enough water so that the fruit will boil; then drop dumpling in the kettle and boil slowly about two hours. Serve hot.

MINETTE ROWLEY.

NEW YEAR'S BAKED APPLE PUDDING.

Mince eight peeled and cored apples, put them in a saucepan with a little water and when partly cooked add one-quarter of a pound of cleaned currants, the same of stoned raisins, the same of shredded citron and the same weight of peeled almonds, cut small, also four ounces of brown sugar, a little cinnamon and allspice; cook until it forms a perfect marmalade. Make a paste with one-quarter of a pound of chopped beef suet, one-half pound of flour, a little salt and cold water; roll it out quite thin on a floured table. Grease and strew with brown sugar and cinnamon the inside of a deep yellow bowl, cover the bottom with a round flat of the paste to fit, on this pour a thick layer of the marmalade, then another flat of the paste, and repeat till there are three layers of fruit and four of paste, finishing with the latter. Place the bowl in a slack oven and let bake slowly three hours. When cooked and partly cold invert on a round dish, strew plentifully with sugar and put it back into the oven to heat thoroughly and glaze. Serve hot.

C. A. H.

Sauces For Puddings.

PLAIN PUDDING SAUCE.

To one cupful of sugar add one egg and beat very hard. Add one tablespoonful of boiling water and set on the stove to warm; flavor to taste. This is a good sauce for almost any pudding. E. S

EGG SAUCE FOR PUDDINGS.

Beat the whites of two eggs to a stiff, dry froth; and beat into this, a little at time, one cupful of powdered sugar. When smooth and light add one teaspoonful of vanilla and the yolks of two eggs. Beat the mixture a minute longer; then stir in one cupful of whipped cream or three tablespoonfuls of milk. Serve at once. MARIA PARLOA.

VANILLA CREAM SAUCE.

Beat to a cream three tablespoonfuls of butter and gradually beat into this two-thirds of a cupful of powdered sugar. When this is light and creamy add one teaspoonful of vanilla; then gradually beat in two cupfuls of whipped cream. Place the bowl in a pan of boiling water and stir constantly for three minutes. Pour the sauce into a warm bowl and serve.

MARIA PARLOA.

CHOCOLATE SAUCE.

Put one pint of milk in the double boiler and on the fire. Shave two ounces of chocolate and put it in a small pan with four tablespoonfuls of sugar and two of boiling water. Stir over the fire until smooth and glossy and add to the hot milk. Beat together for eight minutes the yolks of four eggs, three tablespoonfuls of sugar and a salt-spoonful of salt and then add one gill of cold milk. Pour the boiling milk on this, stirring well. Return to the double boiler and cook for five minutes, stirring all the time. Pour into a cold bowl and set the bowl in cold water. Stir for a few minutes and then occasionally until the sauce is cold. This sauce is nice for cold or hot corn-starch pudding, bread pudding, cold cabinet pudding, snow pudding, etc. It will also answer for a dessert. Fill custard glasses with it and serve the same as soft custard; or have the glasses two-thirds full and heap up with whipped cream. MISS PARLOA.

RICH BRANDY SAUCE.

Stir a small teaspoonful of corn-starch in a little cold water to a smooth paste; add to it a cupful of boiling water, one cupful of sugar, a

small piece of butter; boil all together five minutes. Remove from the fireand when cool, stir into it one-half cupful of brandy. J. E. P.

BRANDY SAUCE—No. 2.

Two cupfuls of sugar, one-half cupful of butter, one-half wine-glassful of brandy. Warm the butter slightly and work it to a light cream with the sugar, then add the brandy; beat it hard and set aside until wanted. Should be put into a fancy mold. H. F. L.

WINE SAUCE.

One-half cupful of butter, one-half cupful of powdered sugar, a wine-glassful of wine. Beat the butter to a cream. Add the sugar gradually and when very light add the wine. Flavor with a little grated nutmeg. Place the bowl in a basin of hot water and stir for three minutes.

A. P. U.

PLUM PUDDING SAUCE.

Put one tablespoonful of butter into a granite pan over a slow fire; when melted stir in two scant tablespoonfuls of flour. When well mixed pour in gradually one and one-half cupfuls of hot water and stir until cooked; then add one-half pound of brown sugar, the juice of one-fourth of a lemon and a small quantity of grated nutmeg. Serve soon as the sugar has dissolved. E. J. C.

HARD SAUCE.

Beat well together a teacupful of sugar and one-half teacupful of butter. Flavor to taste. Shape into a pyramid and place on a fancy dish. Soft sauce is made by adding to the above the yolk of one egg, beating well, and stirring sugar, butter and egg into a pint of boiling water over the fire. Stir till it foams, when it is done. P. W. B.

VANILLA SAUCE—No. 2.

To one-half cupful of butter add one cupful of powdered sugar, one teaspoonful of vanilla. Cream the butter, add the sugar; just before serving add one-quarter of a cupful of boiling water. Stir well and then add one egg, the white only of which has been whipped, and beat all to a foam.

B. Dolliver.

APPLE JELLY SAUCE.

Whip a teacupful of apple jelly until it is thin and smooth; add gradually two tablespoonfuls of melted butter, the juice of a lemon and

grated peel, with one-half teaspoonful of grated nutmeg. Put in a cup or bowl inside a saucepan of boiling water, heat it to the boiling point, stirring steadily all the time, then beat in a heaping tablespoonful of powdered sugar and a glassful of wine. Cover it closely and let it stand in the boiling water until wanted. Stir occasionally and beat up well before pouring out. C. L. T.

ORANGE SAUCE.

Mix one teaspoonful of corn-starch with two tablespoonfuls of sugar. Squeeze the juice from three oranges and heat it. When sufficiently hot add corn-starch and sugar and cook till clear. MARTHA HAINES.

ARROWROOT SAUCE.

Mix a tablespoonful of arrowroot with cold water, then add one-third of a pint of water, a glassful of milk, the juice of a lemon, sugar and flavoring. Stir it over the fire till it boils. M. A. C.

TRANSPARENT SAUCE—FOR FRITTERS.

Mix one small tablespoonful of corn-starch with one small teacupful of sugar, stir in one-half pint of boiling water, add juice of one-half of a lemon and a small piece of butter. Stir over the fire until transparent, being careful that it does not burn. Excellent. E. M. C.

FOAMING SAUCE.

Beat the whites of three eggs to a stiff froth, melt a teacupful of sugar in a little water and let it boil. Stir in a small glass of wine, then the whites of the eggs. Serve at once. P. B. M.

BROWN SAUCE.

Mix one-half teacupful of brown sugar with one-half the quantity of butter; add one pint of hot water and a little vinegar with such flavoring as may be desired. Use a tablespoonful of flour, moistened with milk as a thickening, and boil. Should be served hot. E. J. S.

DUMPLING SAUCE.

Boil one pint of water and a teacupful of brown sugar together; thicken with one tablespoonful of flour mixed with cold water; when cooked add one tablespoonful of butter and a little salt. Flavor to taste. A. P. T.

SPANISH SAUCE.

One tablespoonful of corn-starch in one-half teacupful of boiling water; add two tablespoonfuls of vinegar, one tablespoonful of butter, one teacupful of sugar and one-half of a nutmeg, grated. G. P. C.

PARIS SAUCE.

(For sweet dumplings.)

Put a glassful of grape juice into an enameled saucepan with a large tablespoonful of powdered sugar and the well-beaten yolks of two eggs. Stir the mixture until it begins to thicken, then add very gradually three tablespoonfuls of thick cream; the sauce must not boil after the cream is added. MARIA PEEL.

EMPRESS SAUCE.

A delicate sauce for rice puddings, apple dumplings, etc., is one part sweet cream, two parts boiling water; sweeten well and flavor with powdered mace. MRS. LAURA MOREY.

CHERRY, BLUEBERRY, BLACKBERRY OR STRAWBERRY SAUCE.

Cream together one-half cupful of sugar and one tablespoonful of butter. Add one cupful of boiling water and put into a double boiler. When it comes to a boil stir in one tablespoonful of corn-starch previously dissolved in a little cold water. Let heat thoroughly. Take from the fire and stir in a cupful of any desired fruit, crushed. Serve hot.

A. T. B.

STRAWBERRY SAUCE—COLD.

Cream one cupful of sugar and one-third of a cupful of butter, add the beaten whites of two eggs and one cupful of ripe crushed strawberries; fine for cottage pudding, plain boiled tapioca and other simple puddings; gives flavor of strawberry short-cake. A. D. F.

FRUIT SAUCE.

Cream equal parts of butter and granulated sugar together with enough fruit jam or juice to flavor the sauce as desired. E. C. A.

BUTTER SAUCE.

Put one-half cupful of butter into a basin, work into it one cupful of sugar. Pour in enough raspberry juice to color and flavor it. Especially good for batter puddings. E. J. B.

ENGLISH SWEET SAUCE.

Put into a bowl the yolks of two eggs with four tablespoonfuls of powdered sugar and stir until it becomes creamy. Add one-half pint of sweet cream, little by little, beating constantly, and grate in the rind of one orange. Place the pan on a slow fire and stir well for five minutes, being careful not to let boil. Strain and serve. A. T. O.

LEMON SAUCE.

Let come to a boil one pint of water and one cupful of sugar, then stir in three large teaspoonfuls of corn-starch previously mixed with a little cold water, stir over the fire for ten minutes, but do not let it boil; then add the grated rind and juice of one lemon and one tablespoonful of butter. Serve warm. T. C. M.

FOAMY SAUCE FOR STEAMED PUDDINGS.

Beat one egg light, add a scant cupful of granulated sugar, then add three tablespoonfuls of boiling milk; flavor with vanilla and serve immediately. MRS. TILLIE BASSETT.

Dominion Specials.

SCRAPPLE.

Cook two pounds each of beef and fresh pork until done; then take from the fire and remove bones, retaining the broth. Chop the meat, return it to kettle and season with pepper and salt. Let come to a boil, stir in corn-meal and make it about as thick as mush, then turn into pans. When cold cut in thin slices and fry as mush to a golden brown.

M. WHITE.

QUAKER OATS BLANC MANGE.

Bring one quart of sweet milk to a boil, salt slightly and stir in one cupful of quaker oats. Cook thirty minutes, stirring well. Just before removing from the fire stir in one egg well beaten and add one-half cupful of dried fruit which has soaked until soft. Serve with cream and sugar for dessert. TILLIE RICHMOND.

WHEATLET FOR LUNCHEON.

Wash, stone and chop one-half cupful of dates. Cook thoroughly the wheatlet and just before placing in molds add the dates. Serve with cream and sugar. MRS. T. PERCIVAL.

CEREAL WITH FRUIT.

Take six firm Baldwins, pare and core, leaving them whole. Cook in a syrup made of one cupful of sugar and two cupfuls of water flavored with one-inch piece of stick cinnamon and a few shavings from the yellow rind of a lemon. Turn the apples twice; when done lift with a skimmer and place in a pretty bowl, the larger end of the cavity upward. Cook whatever cereal is desired, fill cavities heaping full with it and pour boiling syrup over all. Serve either hot or cold with cream. T. M.

FRIED BANANAS.

For the finishing touch to a luncheon nothing is more delicious than fried bananas. Select ripe fruit, take off the skins and cut each banana in two crosswise. Salt slightly, dip in beaten egg; then roll in cracker crumbs. Cook till a delicate brown in drippings or Ko-nut. Serve with sauce made of one cupful of boiling water, butter the size of an egg, a cupful of sugar, a tablespoonful of corn-starch, one-half cupful of fruit. Seeded raisins, chopped citron and lemon juice are excellent fruits for the purpose. MRS. M. C.

CUSTARDS, CREAMS, DESSERTS, ETC.

FOR SUMMER, light desserts take the preference. Custards are light and dainty and quite appropriate after a hearty meal. Good custard can be made in the proportion of five eggs to each quart of rich milk. There are three ways of cooking custard—baking, boiling or steaming. A baked custard, we believe, has the preference, and to insure the best results, the temperature of the oven must be exactly right. It must be a good heat and kept regular. If the custard remains too long in the oven it will whey and its nicety be destroyed. The whites and yolks of the eggs in a custard should be beaten separately. The sugar should be added to the beaten yolks and then be beaten again. Add the whites next, then the flavoring, and lastly, the cold milk.

Pastry and puddings seem to tire the appetite in summer and these light and palatable desserts are then enjoyed to the full extent. Many of the desserts can be made of canned fruit and are as nice as though concocted from fresh fruit.

CUP CUSTARD.

Beat four eggs light, add one-half cupful of granulated sugar, a little salt, one quart of milk, and one-eighth of a teaspoonful of grated nutmeg. Stir until the sugar is dissolved. Put the custard in five cups, place in a pan of boiling water, and then put the pan in the oven. Bake till firm in the center; no longer, or they will become watery. When done stand away to get cold. Serve them in the cups. LILLIE.

MICHIGAN CUSTARD.

Beat five eggs thoroughly, then stir into them one cupful of maple sugar, one tablespoonful of flour, a pinch of salt, one-eighth of a nutmeg. Stir this all into two quarts of lukewarm milk. Pour in baking dish and set baking dish in pan of hot water. Bake in moderate oven until custard is firm in the center. MRS. JOHN IRISH.

LEMON CUSTARD.

Grate two lemons, add one-half pound of sugar, one-fourth pound of butter, beaten together to a cream; one pint of milk, two tablespoonfuls of flour, and four eggs, beaten separately. Add the whites last.

MRS. MARY WALTON.

RICE CUSTARD.

Mix one-half pint of cream, one pint of milk, an ounce of sifted ground rice, one tablespoonful of vanilla; sweeten with sugar and stir all well together in a granite boiler till it nearly boils; add the well-beaten yolks of three eggs. Stir and let it simmer for about one minute. Serve it in cups with sifted sugar and cream. MRS. EMILY JONES.

APPLE CUSTARD (PLAIN).

Stew very gently two quarts of fine apples, till tender, with one and one-half pints of water, one pound of sugar and a little cinnamon. Strain the liquid and stir into it, very gradually, eight well-beaten eggs. Put the mixture into a saucepan and stir it until it thickens. Pour into custard glasses and cover with sifted sugar. J. I. C.

APPLE CUSTARD (FRIED).

Pare, core and slice four good-sized apples. Fry them in butter and when they are brown on one side, turn them over and pour over them a custard made of four eggs, beaten, a cupful of cream or new milk and a little cinnamon. Fry to a light brown. Turn carefully and serve with sifted sugar. This is a nice hot dessert. MRS. ELLEN SULLIVAN.

BAKED CHOCOLATE CUSTARD.

For five small custards use one pint of milk, two eggs, one ounce of chocolate, one-fourth of a teaspoonful of salt and a piece of stick cinnamon about one inch long. Put the cinnamon and milk in the double boiler, place on the fire, and cook for ten minutes. Shave the chocolate and put it in a small pan with three tablespoonfuls of sugar and one tablespoonful of boiling water. Stir this over a hot fire until smooth and glossy and then stir it into the hot milk, after which take the liquid mixture from the fire and cool. Beat together with a spoon the eggs, salt and two tablespoonfuls of the sugar. Add the cooled milk and strain. Pour the mixture into the cups which place in a deep pan. Pour into the pan enough tepid water to come nearly to the top of the cups. Bake in a

moderate oven until firm in the center. It will take about one-half hour. Test by running a knife through the center. If the custard is milky it is not done. Serve very cold. MARIA PARLOA.

PLAIN CUSTARD.

Beat to a froth two eggs with two tablespoonfuls of sugar, a very little salt and one quart of rich, sweet milk; flavor. Bake until thick. If taken out as soon as thick it will not be watery. MRS. MARY TATMAN.

MORRIS CUSTARD.

To one pint of boiling milk add one teaspoonful of corn-starch, one-half cupful of sugar, the yolks of two eggs, a little salt and extract to flavor. MRS. R. SCALES.

BOSTON CUP CASTARD.

Take two eggs, one-half coffee-cupful of new milk and a dessert-spoonful of white powdered sugar. Stir the sugar into the milk, add the eggs which should be well beaten; pour into a breakfast cup and bake till quite set—about one-quarter of an hour. Turn out on a plate and serve alone or with a little stewed fruit. MRS. JENNIE BOYD.

BROWN CUSTARD.

Scald one quart of milk, but do not boil; beat five eggs light with three tablespoonfuls of sugar and pour upon them the hot milk. Mix well, adding nutmeg and flavoring extract to taste; bake in a well-buttered dish. Turn out when cold; strew very thickly with white sugar. Set the plate containing the custard upon the upper grating of a hot oven. The sugar will melt and run in brown streams all over the molded pudding. Slip carefully to a dish; eat cold. MRS. HAMILTON.

CUSTARD ROYALE.

For the custard season two whole eggs with a little white pepper and salt and mix them with two tablespoonfuls of cream; color one-half with a drop or two of carmine; pour the two custards into two cups and stand these on a piece of paper in a stew-pan three parts full of boiling water, and let them steam till firm; then turn them out and when cold slice the custard and stamp the slices out in rounds the size of a dime; rinse in warm water and use. Be careful when cooking the custard that only the surrounding water boils, for should the custard itself boil it will not cook smoothly. MRS. FRANK BAXTER.

COFFEE JELLY.

One-half box of gelatine dissolved in water enough to cover; stir into it one quart of strong boiling coffee, sweetened, and when dissolved, strain through a flannel cloth or jelly-bag and put in a wet fancy mold. When ready to serve turn out on a dish and serve with whipped cream heaped about the base. Serve with macaroons. O. O. B.

COFFEE MOLD.

One quart of liquid coffee and two tablespoonfuls of corn-starch. Dissolve the corn-starch in a small portion of the coffee; heat remainder to boiling point, stir in the corn-starch and cook two or three minutes. Pour into cold, wet molds and serve with whipped cream.

ANNA JOHNSON.

RHUBARB DESSERT.

Trim off the crust of stale bread, cut it in fingers two-thirds of an inch thick, dip each piece in melted butter and line the bottom and sides of small buttered molds. Fill the center with stewed and sweetened rhubarb and cover the top with buttered fingers. Bake in a moderate oven for about thirty minutes and serve with whipped cream.

MARY PETERS.

SOUFFLÉ OF OATMEAL.

Mix one cupful of oatmeal with one tablespoonful of butter, one tablespoonful of lemon juice, one-half cupful of sugar and one cupful of milk and cream. Cook five minutes. Take off and add while stirring two eggs, one-half teaspoonful of baking-powder and two large apples pared and thinly sliced. Turn into a buttered pudding dish and bake in a moderate oven until it swells and has a yellow color. Sprinkle with sugar and serve with cream. EMILY BROOKS.

FROZEN CONFECTIONERY DESSERT.

Scald one pint of milk in a double boiler; sweeten with one-fourth of a cupful of sugar and pour slowly into three beaten eggs. Return to the double boiler and stir until it thickens, about three minutes; do not let it stay too long or it will curdle. When cool add one pint of sweet cream, one-half cupful of sugar, one-quarter of a box of gelatine dissolved and strained, one-half teaspoonful of vanilla. Pour into the freezer and when half frozen open and put in one teacupful of blanched and chopped almonds, one teacupful of candied ginger chopped, and one-half teacupful of candied cherries. Stir in and finish freezing. MARGARET HUNTER.

FAIRY PUDDING.

Take five pieces of common sponge cake, split them, spread with butter, put them together again and lay in the bottom of a buttered pudding dish. Make a custard of two eggs, three cupfuls of milk and one-half cupful of sugar, flavor with vanilla or any flavor you choose. Pour this over the cake and bake one-half hour. MRS. MELVILLE HEWITT.

PEACH SURPRISE.

Scald three cupfuls of milk in a double boiler and stir into it two tablespoonfuls of corn-starch, previously wet in a little cold milk. Remove from the fire, stir in one tablespoonful of butter, the yolks of two eggs, one-half cupful of sugar and beat to a cream. Drain the juice from a can of peaches, put them in a baking dish, cover with the above mixture and set in a hot oven ten minutes; remove and spread with the stiffly beaten whites of the eggs, sweetened with three tablespoonfuls of powdered sugar, and return to the oven to brown. Serve with the sweetened peach juice. LULU FISHER.

VANITY FAIR.

Make a boiled custard with one quart of milk, yolks of three eggs and three-quarters of a cupful of sugar; line a large glass dish with slices of sponge cake dipped in sweet cream, then a layer of blackberries well sweetened, then another layer of cake and berries as before. When the custard is cold pour it over the whole; then beat the whites of the eggs to a stiff froth, add one-half cupful of sugar and flavor with vanilla; heap up on the top and decorate with a few large berries. EMMA FOLSOM.

PEACH SNOWDRIFT.

Soak one-third of a box of gelatine in one-third of a cupful of cold water till soft, then pour in one-third cupful of boiling water, one cupful of sugar and the juice of one lemon. Strain sufficient canned or freshly-stewed peaches through a sieve to make a cupful and add it to the other ingredients. Stir all together in a dish set in cold water and when the mixture begins to harden beat in the stiffly beaten whites of two eggs. Pour into individual molds; serve with whipped cream.

MYRTLE SQUIRE.

SNOWBALL.

A dainty dessert is made by taking one pint of boiling water and two tablespoonfuls of corn-starch. After boiling three minutes remove from the fire and add the whites of two eggs beaten to a froth, flavoring, a little salt and two tablespoonfuls of sugar. Mold. MRS. F. PAYNE.

CHOCOLATE FLAPPÉ.

Into a double boiler pour a quart of rich milk, stirring into it gradually one cupful of grated sweet chocolate. Boil five minutes, stirring all the while; then pour into a pitcher and add a teaspoonful of vanilla and set on ice. Fill glasses one-half full with crushed ice, lay on top of the ice a teaspoonful of sugar and fill the glasses nearly full with the chocolate. Have ready some stiff whipped cream slightly sweetened. Place a generous spoonful on top of each glass and serve at once.

MRS. LOUISE ALDEN.

FROSTED ORANGE.

Crush three or four ounces of doubly-refined sugar to powder. Pour over it a few drops of strawberry juice and move the sugar about with the fingers until it is equally colored, then put the dish near the fire until it is quite dry. Peel one-half dozen ripe oranges, free them entirely from the thick white skin and thready parts but be very careful not to pierce the fruit itself. Roll the oranges in the colored sugar, arrange them neatly on a dish and garnish with sprigs of myrtle. MRS. L. P. CHOATE.

PEACH MERINGUE.

Stew the peaches in a syrup of sugar and water until tender; remove and boil the syrup until thick, then pour over the peaches. Make a corn-starch custard of the yolks of three eggs, a pint of milk, two teaspoonfuls of corn-starch (wet in cold milk), sugar and vanilla. Make a meringue of the whites of the eggs and sugar and spread over the peaches. Use the custard as sauce. MRS. BERTHA STARR.

FLOATING ISLAND.

Beat the whites and yolks of three eggs separately. Add to the whites two tablespoonfuls of sugar and beat to a stiff froth. Flavor this. Take one quart of milk and let it come to a boil. Then drop in enough of the beaten whites to make it the size of an egg. Be careful not to put too much in at a time. When done skim them out and lay them on a platter. Add to the boiling milk the beaten yolks and one tablespoonful of corn-starch dissolved in a little cold milk with sugar to sweeten it. Flavor with lemon, orange or vanilla. When cold put it in a dish and slide the islands on top. MRS. M. C. MILLS.

STRAWBERRY FLOAT.

Crush one-half pint of fresh strawberries with one-half cupful of white sugar. Beat the whites of four eggs to a stiff froth, add gradually, a gill

of sugar, then the strained juice of the berries and beat till it will stand in peaks. Then make a custard with the yolks of the eggs, one pint of milk and one-half cupful of sugar. Pour custard into a fancy dish. Let it cool and put a layer of strawberries on top of this. Then arrange the frosting on top in peaks. It is a very pretty dessert.

MRS. JULIA CLARKSON.

CHOCOLATE SOUFFLE.

One-half pint of milk, two ounces of chocolate, three tablespoonfuls of sugar, one rounding tablespoonful of butter, two tablespoonfuls of flour, four eggs. Put the milk in the double boiler and place on the fire. Beat the butter to a soft cream and beat the flour into it. Gradually pour the hot milk on this, stirring all the time. Return to the fire and cook for six minutes. Put the shaved chocolate, sugar and two tablespoonfuls of water in a small pan over the hot fire, and stir until smooth and glossy. Stir this into the mixture in the double boiler. Take from the fire and add the yolks of the eggs, well beaten; then set away to cool. When cool, add the whites of the eggs, beaten to a stiff froth. Pour the batter into a well-buttered earthen dish that will hold about a quart and cook in a moderate oven for twenty-two minutes. Serve immediately with vanilla cream sauce.

MARIA PARLOA.

"EASTER EGGS."

Make a blanc mange of milk and corn-starch; sweeten and flavor to taste. Have ready one dozen egg shells which have been carefully opened at the small end and contents removed. Fill these with the blanc mange which has previously been divided into six parts and each part mixed with different color pastes (vegetable colorings, chocolate, etc., can be used). When filled stand on ice until perfectly cold, then remove the shells carefully. Send to the table in glass dish; serve with whipped or plain cream. These "easter eggs" are oftentimes a great joy to the little folks.

MILLIE DODGE.

CORN-STARCH BLANC MANGE.

One quart of milk, one-half cupful of corn-starch, one-half cupful of sugar, a pinch of salt and the rind of a lemon. Put the milk with the sugar in a double boiler and let come to a boil. Mix the corn-starch with a little of the cold milk and stir it in the boiling milk. Let cook a minute or two, take off the stove, remove the lemon peel and pour in molds to cool. Turn from the molds when cold and serve with sweetened cream. If one desires the blanc mange to be yellow add the yolks of two eggs

H. F. L.

BLANC MANGE WITH CUPID SAUCE.

Make a blanc mange after the above recipe, pour into cups and let cool. Just before serving, turn the molds, bottom-side up on a platter and on top and in the center of each one place a candy cupid. Over all pour a sauce made of sun-preserved strawberries, butter, sugar and white of an egg beaten to a stiff froth. If too rich add water. H. A. P.

COMPÔTE OF PINEAPPLE.

Peel a pineapple and pick all the specks or eyes from it; cut it into slices one-half inch thick, keep one of the largest of these whole and divide the rest into halves. Make some syrup by boiling five ounces of lump sugar in one-half pint of water for ten minutes, put in the slices of fruit and let them boil for five minutes. Leave them in the syrup until they are quite cold; drain them; put the whole slice in the center of a compôte dish and arrange the half slices in a circle round it; pour the syrup over and serve. Time to boil the syrup, ten minutes; with the fruit, five minutes. MARIE BLISS.

COFFEE BAVARIAN CREAM.

Pour one pint of boiling water on three heaping teaspoonfuls of coffee (gound fine), strain and add the beaten yolks of four eggs and one cupful of sugar. Stir this custard over the fire until it thickens. Dissolve one-half box of Cox's gelatine in one-half cupful of cold water and when dissolved add to the hot custard. When this mixture is entirely cold beat it a few minutes an l add one-half pint of whipped cream. Set on ice to harden. MRS. (REV.) JOS. ODERY.

PEACH SURPRISE—No. 2.

Lay pieces of sponge cake in glass dish, take the juice of canned peaches and moisten cake well. Then lay the fruit on top and cover with whipped cream. NINA BICKLE.

DATE MERINGUE.

Beat the whites of five eggs to a stiff froth, add three tablespoonfuls of sugar, one-half pound of dates, stoned and cut fine. Bake fifteen minutes in moderate oven. Serve in custard cups with custard made of yolks of eggs. MRS. CLINGAN.

ORANGE OR RASPBERRY CHARLOTTE.

Soak one-half of a box of gelatine in one-half cupful of water for two hours. Add one and one-half cupfuls of boiling water and strain Then

add two cupfuls of sugar, one cupful of orange juice and one cupful of lemon juice. Stir until the mixture begins to cool, then add the whites of four eggs beaten to a stiff froth. Beat the whole until stiff, then pour it over sliced oranges. Set away to cool. Make raspberry the same way leaving out the lemon and orange juice, substituting a teaspoonful of vanilla instead. MRS. JULIA PETERS.

MOONSHINE.

Three-quarters of an ounce of gelatine, one-half pound of sugar, two lemons. Dissolve the gelatine in one pint of boiling water, add the rinds of the lemons and the sugar; boil twenty minutes. Strain while hot. Add the juice of the lemons and when nearly cold whisk till it looks like snow. Pour into a wet mold and turn out next day. Serve with whipped cream. MISS SPENCE.

DESSERT SURPASSING ICE CREAM.

One package of raspberry bromangelon, juice of one-half of an orange and one pint of boiling water. Stir together and let stand until cold but not set. Have ready two large bananas sliced, and a handful of nuts (hickory nuts or pecans preferred). Put these into the cold bromangelon and stir lightly; no sugar. Pour this mixture at once into one-half dozen molds and let stand until it sets. When ready for use turn bottom-side up and serve with cream. Whipped cream on top is an addition.

A MODERN COOK.

GINGER CREAM.

Soak one-quarter of a box of gelatine for one-half hour in one-half cupful of milk; stand over hot water until dissolved, add four tablespoonfuls of powdered sugar; sprinkle over them a pint of whipped cream, two tablespoonfuls of syrup from your jar of preserved ginger, and two tablespoonfuls of chopped ginger and then turn in the gelatine through a sieve; stir until the cream begins to thicken and stand away in the mold; turn out and decorate with bits of preserved ginger. MRS. T. M. ZEIGLER.

PEACH CHARLOTTE.

Drain a can of peaches; take a teacupful of sugar and one and one-half cupfuls of the peach juice and boil them until the syrup is clear and rich. Drop the peaches in and let them cook a short time, not long enough to break them; lay them in a glass dish and pour over them a charlotte made by boiling one pint of milk and one one-half cupful of sugar and two tablespoonfuls of corn-starch until thick and smooth; add the stiffly beaten whites of two eggs and a teaspoonful of vanilla. Serve

cold with the following sauce: Scald one pint of milk in a double boiler, beat two tablespoonfuls of sugar with the yolks of two eggs, pour milk on them, return to the fire and add one tablespoonful of corn-starch rubbed smooth in a little milk. Stir until it thickens; delicious. Flavor with vanilla. A. J.

CHOCOLATE CREAM IN MOLDS.

Soak a box of gelatine in one-half pint of cold water for two hours. Put one quart of milk in the double boiler and place on the fire. Shave two ounces of chocolate and put it in a small pan with four tablespoonfuls of sugar and two tablespoonfuls of boiling water. Stir over a hot fire until smooth and glossy and then stir into the hot milk. Beat the yolks of five eggs with one-half cupful of sugar. Add to the gelatine and stir the mixture into the hot milk. Cook three minutes longer, stirring all the while. On taking from the fire add two teaspoonfuls of vanilla and one-half saltspoonful of salt. Strain and pour into moulds that have been rinsed in cold water. Set away to harden and serve with sugar and cream.

MARIA PARLOA.

CHOCOLATE CHARLOTTE.

Soak one-quarter of a package of gelatine in one-third of a cupful of cold water for two hours. Whip one pint of cream to a froth and put it in a bowl which should be placed in a pan of ice-water. Put one-half ounce of shaved chocolate in a small pan with two tablespoonfuls of sugar and one tablespoonful of boiling water and stir over the hot fire until smooth and glossy. Add to this a gill of hot milk and the soaked gelatine and stir until the gelatine is dissolved. Sprinkle a generous half cupful of powdered sugar over the cream. Now add the chocolate and gelatine mixture and stir gently until it begins to thicken. Line a quart charlotte mold with lady fingers or stale pieces of sponge cake and when the cream is so thick that it will just pour, turn it gently into the mold. Place the charlotte in a cold place for an hour or more, and at serving time, turn out on a flat dish. Serve with whipped cream.

MARIA PARLOA.

CHOCOLATE BLANC MANGE.

Put one quart of milk in a double boiler and place on the fire. Sprinkle into it one level tablespoonful of sea-moss farina. Cover, and cook until the mixture looks white, stirring frequently. It will take twenty minutes. While the milk and farina are cooking shave two ounces of chocolate and put it into a small pan with four tablespoonfuls of sugar and two tablespoonfuls of boiling water. Stir over a hot fire until smooth

and glossy, then stir into the cooked mixture. Add a salt-spoonful of salt and one teaspoonful of vanilla. Strain and turn into a mold that has been rinsed in cold water. Set the mold in a cold place and do not disturb it until the blanc mange is cold and firm. Serve with sugar and cream. MARIA PARLOA.

CHOCOLATE CREAM RENVERSÉE.

Use one quart of milk, seven eggs, one-half pint of sugar, one ounce of chocolate, one-half teaspoonful of salt. Put the milk on the fire in the double boiler. Shave the chocolate and put it in a small pan with three tablespoonfuls of the sugar and one tablespoonful of boiling water. Stir over a hot fire until smooth and glossy; then stir into the hot milk and take the milk from the fire to cool. Put three tablespoonfuls of sugar into a charlotte mold that will hold a little more than one quart and place on the stove. When the sugar melts and begins to smoke, move the mold round and round, to coat it with the burnt sugar, then place on the table. Beat together the remainder of the sugar, the eggs and the salt. Add the cold milk and chocolate to the mixture and after straining into the charlotte mold place in a deep pan with enough tepid water to come nearly to the top of the mold. Bake in a moderate oven until firm in the center. Test the cream by running a knife through the center. If firm and smooth it is done. It will take forty or forty-five minutes to cook. When icy-cold, turn on a flat dish. Serve with whipped cream that has been flavored with sugar and vanilla. MARIA PARLOA.

CHOCOLATE PROFITEROLES.

Shave into a cup one ounce of chocolate and put the cup into a pan of boiling water. Make a paste the same as for chocolate éclairs, save instead that of one tablespoonful of sugar three must be used. As soon as the paste is cooked beat in the melted chocolate. When cold add the eggs and beat until light. Drop this batter on lightly buttered pans in round cakes, having about a dessert-spoonful in each cake. Bake for about twenty minutes in a moderately hot oven. Serve either hot or cold with whipped cream flavored with vanilla. Heap the cream in the center of a flat dish and arrange the profiteroles around it. MARIA PARLOA.

IMPERIAL CREAM.

Boil one quart of cream with the thin rind of a lemon; stir till nearly cold; have ready, in the dish in which it is to be served, the juice of three lemons, strained, with as much sugar as will sweeten the cream; pour the cream into the dish, from a pitcher, holding it high and moving it about

so as to mix thoroughly with the juice. It should be made six hours before being served. Eat it with sweetmeats, apple island, or apple pie.

MRS. O. MAINE.

CHOCOLATE BAVARIAN CREAM.

For one large mold of cream use one-half of a package of gelatine, one gill of milk, two quarts of whipped cream, one gill of sugar and one ounce of chocolate. Soak the gelatine in the cold water for two hours. Whip and drain the cream, scrape the chocolate and put the milk on to boil. Put the chocolate, two tablespoonfuls of sugar and one tablespoonful of hot water in a small saucepan and stir on a hot fire until smooth and glossy. Stir this into the hot milk. Now add the soaked gelatine and the remainder of the sugar. Strain this mixture into a basin that will hold two quarts or more. Place the basin in a pan of ice-water and stir until cold, when it will begin to thicken. Instantly begin to stir in the whipped cream, adding one-half the amount at first. When all the cream has been added dip the mold in cold water and turn the cream into it. Place in the ice chest for an hour or more. At serving time dip the mold in tepid water. See that the cream will come from the sides of the mold and turn out on a flat dish. Serve with whipped cream.

MARIA PARLOA.

CHOCOLATE MOUSSE.

Put a three-quart mold in a wooden pail, first lining the bottom with fine ice and a thin layer of coarse salt. Pack the space between the mold and the pail solidly with fine ice and coarse salt, using two quarts of salt and ice enough to fill the space. Whip one quart of cream and drain it in a sieve. Whip again all the cream that drains through. Put in a small pan one ounce of chocolate, three tablespoonfuls of sugar and one of boiling water and stir over a hot fire until smooth and glossy. Add three tablespoonfuls of cream. Sprinkle a cupful of powdered sugar over the whipped cream. Pour the chocolate in a thin stream, into the cream, and stir gently until well mixed. Wipe out the chilled mold and turn the cream into it. Cover and then place a little ice lightly on top. Wet a piece of carpet in water and cover the top of the pail. Set away for three or four hours; then take the mold from the ice, dip it in cold water, wipe, and then turn the mousse out on a flat dish.

MARIA PARLOA.

BAKED APPLES IN MOLD.

Dissolve bromangelon in the usual way, pour over a dish of baked apples. When congealed serve with cream. (Bromangelon can be procured of any grocer.)

AMY.

APPLE CHARLOTTE.

Rub the bottom and sides of a baking pan with butter and line with slices of wheat bread or rolls; peel tart apples, cut small and nearly fill the pan, scattering bits of butter and sugar between the apples; grate a small nutmeg over the apples, soak as many slices of bread or rolls as will cover, and on this put a plate with a weight on top to keep the bread close upon the apples. Bake in a quick oven. The proportion of apples, butter and sugar to be used is: To one-half peck of tart apples one-half pound of sugar and one-quarter pound of butter. MRS. B. MAHONEY.

MACAROON WHIPPED CREAM.

(Delicious.)

Grate one dozen macaroons, whip one pint of cream to stiff froth, beat in gradually the grated macaroons, one-fourth cupful of sugar. Flavor with vanilla and pour in mold. When set, turn out on platter. Pour whipped cream over and decorate with candied cherries.

MINNIE JONES.

CORN-STARCH AND CHERRY MOLD.

Take one quart of milk, three tablespoonfuls of corn-starch, two eggs, beating whites and yolks separately and a little salt. Dissolve the starch in milk, adding yolks, and bring to a boil. Fill molds or cups, if you have no molds, one-half full. Beat the whites to a froth and beat four tablespoonfuls of sugar with them. Turn the corn-starch out of the cups onto fancy plates or dishes and pour the whites over. Decorate with candied cherries or jelly. CANDACE GREGORY.

ITALIAN CREAM.

Take one quart of cream, sweeten one pint of milk *very sweet* and flavored highly with sherry wine and vanilla. Beat it with an egg beater and remove the froth, as you make it, onto a dish till it is all froth. Dissolve a package of Cox's gelatine in a little warm water. Set the dish containing the froth into a tub of ice. Pour the gelatine into it and stir constantly till it thickens, then pour into molds and set in a cool place.

ISA ROBINSON.

CRUSHED PEACHES.

One can or twelve large peaches, two coffee-cupfuls of sugar, one pint of water and the whites of three eggs. Break peaches with the sugar, water, etc., and stir all together. Freeze all into a form. Beat the eggs to a froth and pour over. IDA MONTROY.

MERINGUE.

Take the whites of two eggs, a pinch of salt, one-half teaspoonful of vanilla and four tablespoonfuls of confectioners' sugar. Put the eggs in a large, shallow dish; add salt and beat with a fork or egg whip until very stiff; add vanilla and beat again, then the sugar, and beat until it will stand alone. MISS ELIZABETH K. BURR.

SALTED ALMONDS.

For a company of six persons blanch one pound of almonds. Put in a granite baking pan one tablespoonful of melted butter and one tablespoonful of salt. Stir till well mixed, then bake fifteen minutes, stirring often. They must be bright yellow-brown when done. They are a fine appetizer and should be served with the meat course at dinner.

MRS. G. R. OLCOTT.

NUT AND FRUIT MOLD.

Prepare bromangelon in the usual way. When about one-half jellyfied or set, lay into it some bananas, peaches, or any fruit, so as to make a nice combination. Serve very cold. Nuts may be used if desired. Use sweet or sweetened fruit. MRS. A. L. CLUTE.

STEWED APPLES.

Apples cooked in the following way are very pretty on a lunch table and are appreciated as a relish. Select six firm round greenings, wipe dry and cut in halves but do not pare, place in a shallow stew-pan, skins down, with sufficient water to cover and add one cupful of sugar. Each half should cook on the bottom of the pan and be removed from the others so as not to injure its shape. Stew slowly until the pieces are tender; remove to a dish, pour syrup over the apples. Eat cold. MRS. T. B. LOVEWELL.

DESSERT OF CHESTNUTS.

Take large chestnuts, boil them in water till you can pierce them with a fork, then boil them in sugar and water, removing all scum. Leave them in this syrup till cold. Then skim them out and pile them on a dish. Return the syrup to the fire, boil it down till thick and pour it over the nuts. Whip cream and serve with them, cold. MRS. KATE DAGY.

PEARS À LA NATURAL.

Choose fair, smooth ones. Put them into cold water and boil them whole, leaving on the stems. It takes about one hour to boil them tender. Then pour sweet cream over them, in each dish, as you serve.

W. T. M.

ORGEAT.

Boil two quarts of milk with a stick of cinnamon. Take out the cinnamon and let it stand till cold; stir it often to prevent the cream from rising to the top. Blanch four ounces of the best sweet almonds, pound them in a marble mortar, with a little rose-water; mix them well with the milk; sweeten with loaf sugar, boil it a few minutes and strain through a fine sieve. Serve it in glass cups. MRS. L. T. CHADWICK.

BANANAS AND CREAM.

Slice one banana into each individual fruit dish and cover with two teaspoonfuls of powdered sugar. Over this put a tablespoonful of whipped cream flavored with vanilla extract. J. E. D.

ORANGE AMBROSIA.

Take as many oranges as desired, cutting off the tops; remove the juice and pulp and cut points around the edge of the opening. Mix the juice with shredded cocoanut and fill in the orange shells again putting a layer of cocoanut over the top. This makes a delightful ambrosia and a pretty-looking dessert for any light repast. C. W. HAMILTON.

BAKED APPLES.

Select those that are a trifle tart, as they are richer in juice and more tender. Place about one dozen in a deep, flat tin pan, and after sprinkling a cup of white sugar over them pour a cupful of boiling water over. When they are about one-half done turn them. When taken from the oven lift each one separately, with a fork, into a glass preserve dish and pour the hot syrup over them. JULIA HOFF.

BUTTERED APPLES.

Pare and core without breaking one dozen tart apples. Cut pieces of bread in rounds large enough for an apple to stand on and place them in a well-buttered dish with an apple on each. Fill the holes with butter and sugar. Bake them in a gentle oven until tender, then put them upon a hot dish with a little apricot jam on the top of each and cover with sifted sugar. Nice for dessert or to be eaten with meat course.

MRS. MILLIE DANIELS.

BROMANGELON SNOW PUDDING.

Dissolve bromangelon in the usual way. When half congealed whip up thoroughly with an egg beater, then add the white of one egg thor-

oughly beaten. After this, whip both jelly and egg together. When well beaten pour into molds and allow to stand until perfectly cold. Serve with cream. B. C. A.

APPLE ISLAND.

Stew apples to make two quarts, strain through a sieve, sweeten with fine white sugar and flavor with lemon or rose. Beat the whites of twelve eggs to a hard froth and stir into the apple slowly; do this just before it is to be served. The apples should be stewed with as little water as possible, and those that are not very juicy are to be chosen. Put this into a glass dish. Serve a nice boiled custard, made of the yolks of the eggs, or the imperial cream to eat with it. Mrs. Maine.

APPLE FOAM.

Pare and core six tart apples. Steam till soft. When cold add beaten whites of three eggs, cup of sugar, a little lemon juice. Beat briskly thirty minutes. Make a custard of the yolks, one-half cupful of sugar, one cupful of hot milk. Put the foam in a dish and cover with the custard. Can run it in the oven to give it a pale brown if desired, but it is not necessary. Mrs. Alice Yeager.

APPLES À LA EMPRESS.

Cut six apples into quarters removing the cores. Take a deep tin pan and butter it, place the pieces of apples in so that they do not overlap, pour one-half of a tumbler of water over and sift plenty of sugar over them. It takes about fifteen minutes to cook. Boil a cupful of rice in milk and then sweeten it. Pile it high on a dish and fill it with the apples placing them in spots over it. The juice in the pan must have a wine-glassful of sherry and a piece of butter added, beating the butter smooth with the wine and juice. With a spoon pour this mixture over each piece of apple. Serve hot. Mrs. Mae Libby.

SPANISH FRUIT SALAD.

Peel, remove pulp and slice a dozen oranges, grate a cocoanut and slice a pineapple. Put alternate layers of each until the dish is full. Then pour over them a cupful of ice water. Serve with small cakes.

Amy Hubbell.

PEARS AS A DAINTY.

Select the golden pears, peel and cut them in halves, leaving on the stems but scoop out the cores. Put them into a saucepan, placing them close together, with the core downward. Pour over sufficient water, a

cupful of sugar, a few whole cloves and a tablespoonful of lemon juice. Cover the stew-pan closely. Stew gently till the fruit is done. Take out the fruit carefully and arrange it on a glass dish. Boil down the syrup until quite thick then pour it over the fruit. MARIE MERRIT.

BANANA SNOWBALL.

Place in a double boiler one pint of milk, two tablespoonfuls of sugar and the yolks of two eggs, a pinch of salt and butter the size of a walnut; add one teaspoonful of corn-starch; stir over the fire until thick; then add a little vanilla flavoring. When custard is cold beat the two whites to a stiff froth, mix with two tablespoonfuls of sugar. Cut three bananas into slices and place in a dish, pour over the custard and put whites of eggs on top in shape of snowballs. AUDITORIUM ANNEX.

COMPÔTE OF PEARS.

Select golden fruit, not too ripe. Wash and cut into halves lengthwise, carefully removing the core. Make a syrup in the proportion of two cupfuls of sugar to one cupful of water. When the syrup boils put in the pieces of pears with a dozen whole cloves and cook them till tender. Take out and arrange in a pyramid form, the stem end up, on a pretty glass dish. Slice a peeled lemon very thin over the fruit and pour the syrup over all by the spoonful when a little cool. Place the compôte where it will become perfectly cold and serve. MRS. MAITLAND.

A NEW DESSERT.

Grate the rind of one lemon and squeeze out the juice. Add one teaspoonful of best vanilla, one coffee-cupful sifted powdered sugar, two whole eggs and the yolks of four others. Beat all this together for twenty minutes with a Dover beater. Have one-half box of gelatine dissolved in one cupful of water. Add the well-beaten whites of the four yolks and at last, drop by drop, the gelatine, beating constantly. Drop the mixture into a glass dish and set in a cool place. Serve with the sweetened juice of oranges. MATTIE RUSK.

SHREDDED WHEAT BISCUIT AND STRAWBERRY MERINGUE.

Pick over two quarts of ripe, juicy strawberries, put into a bowl and sugar thoroughly, an hour before wanted. Carefully divide three shredded wheat biscuits into halves, place in a pan in the oven and heat. Then butter lightly and moisten with strawberry juice; place in baking dish, add the strawberries (stewed or fresh), cover and return to the oven

for five minutes. Have the whites of two eggs, beaten stiff with two tablespoonfuls of powdered sugar, place on top and place in open oven for two minutes. Serve with cream. Shredded wheat biscuits can be found at any grocery. MRS. CLARK.

STRAWBERRY DELIGHT.

Whip a pint of cream to a froth and color a very pale green with spinach or pink with strawberry or cherry juice. Soak a fourth of a box of gelatine in one-quarter of a cupful of cold water until soft, then set it in hot water until it dissolves. Stir three ounces of powdered sugar into the whipped cream. Then strain in the gelatine and mix thoroughly but lightly. When the mixture begins to thicken add one-half teaspoonful of vanilla. Add one-half cupful of blanched almonds chopped very fine. Pour into small glasses and serve very cold. Delicious and not very expensive. WALDORF-ASTORIA.

RICE POPPLE.

Wash one cupful of rice; add to it one quart of milk, one cupful of granulated sugar, one teaspoonful of corn-starch and butter the size of a walnut; mix the corn-starch with a little milk to dissolve it before adding to the other ingredients; add flavoring (any kind desired) and bake one and one-half hours, stirring occasionally until it thickens; then let it brown; take from the oven and allow to cool; remove the brown skin and lay over the top a few preserved or canned cherries; beat the whites of three eggs to a stiff froth; spread this over the fruit, dropping from a spoon, so as to make it as irregular as possible; sprinkle with pulverized sugar and set in oven to brown; serve with a lemon or cream sauce or whipped cream. A SOUTHERN COOK.

ISING-GLASS NUT.

Bruise in a jar two pounds of red and one pound of white currants with a pint of red raspberries; place the jar in boiling water to extract the juice. Boil three-quarters of a pint of water, two ounces of gelatine and a pound of loaf sugar together, allow both the fruit juice, when strained, and the sweetened gelatine to cool, then mix equal quantities, add one-half cupful of nuts, chopped, and pour into shapes and place on ice. Serve with cream. MRS. BURTON.

JELLY TARTS.

Take six eggs and break separately; add three tablespoonfuls each of sugar, butter and nice jelly (any kind), to the yolks of the eggs and beat lightly. Beat the whites to a stiff froth and add all together. Bake in custard pans. You will find these delicious. LUCIA WEATHERLY.

PEACH TRIFLE.

Put a layer of sliced and sweetened peaches in a deep glass dish and cover with a thick layer of sponge-cake crumbs. Pour over this a soft custard yet warm, reserving two of the whites of eggs, to which add two tablespoonfuls of sugar and beat for meringue. Serve very cold.

MRS. ERSKINE SMITH.

LEMON TRIFLE.

The juice of two lemons and grated peel of one, one pint of cream well sweetened and whipped stiff. Let sugar, lemon juice and peel stand together a couple of hours. Strain and whip gradually into the frothed cream. Serve immediately in small glasses lined with lady fingers.

BOSTON COOKING SCHOOL.

FRUIT TRIFLE.

One pint of cream beaten to a stiff froth, two tablespoonfuls each of sugar and raspberry jelly. Arrange the same as above. DELMONICO'S.

GRAPE TRIFLE.

Pulp through a sieve two pounds of ripe Concord grapes, add sugar to taste and the beaten white of one egg, a little gelatine soaked and added to the grape pulp is an improvement. Put into glasses and cover with whipped cream, flavored with vanilla. Serve very cold.

MRS. C. M. BINNER.

APPLE TRIFLE.

Peel, core and quarter some astrakhan apples and stew them with one quince using only sufficient water to cover the bottom of the stew-pan. Add sugar in the proportion of one-half a pound to one pound of fruit; when cooked, press the pulp through a sieve. When cold pour over it one pint of whipped cream flavored with vanilla or lemon.

MRS. LUELLA BLUE.

PINEAPPLE TRIFLE.

Beat the whites of six eggs to a stiff froth, then add six tablespoonfuls of powdered sugar; beat for one-half hour, then beat in one-half cupful of pineapple. Place the trifle in a glass dish, cover with whipped cream dotted with bits of strawberry jelly. MRS. I. M. FIELD.

GOOSEBERRY TRIFLE.

One quart of gooseberries, sugar to taste, one-half cupful of gelatine, and one pint of whipped cream. Put the gooseberries into a jar with

two cups of sugar, and boil until reduced to a pulp. Put through a coarse colander to remove skins. Have ready the soaked gelatine. Heat and pour in a trifle dish; when cold, cover with whipped cream. Garnish with ripe gooseberries. MRS. A. M. SMART.

TAPIOCA AND STRAWBERRIES.

Soak four tablespoonfuls of tapioca in a teacupful of water over night. Place over the fire one quart of milk; let come to a boil, then stir in the tapioca, keep stirring until it thickens; then add a cupful of sugar and a little salt. Place to cool, then stir gently into the mixture the whites of two eggs beaten stiff; pour quickly into a mold. Set on ice until cold. In serving turn upside-down on a platter and strew over it some large ripe strawberries; serve with strawberry sauce. MRS. L. M. MILLER.

ASTRAKHAN SNOW.

Core and quarter, but do not pare, three large astrakhan apples. Stew until tender and rub through a sieve. Beat the whites of two eggs stiff, add one-half cupful of powdered sugar, and beat again. Add the apple and beat until like snow. Pile lightly in a dish and serve with the following sauce: One pint of milk, the yolks of two eggs, one teaspoonful of corn-starch and one tablespoonful of sugar. Cook in double boiler.
MRS. R. M. BEEBE.

BANANA DELIGHT.

Cut the bananas crosswise one-half inch thick, place on dish and sprinkle over them one tablespoonful of powdered sugar to four bananas, then add the juice of two oranges. Prepare two hours before using and set in a cool place. WOMAN'S EXCHANGE, LOS ANGELES, CAL.

BANANA AND LEMON JUICE.

Slice four ripe bananas in a glass dish and squeeze the juice of a large lemon over them. Then add a gill of ice water and one-half cupful of sugar. Let stand one-half hour in cold place. Delicious in hot weather.
ENGLATAIRE HOTEL, HAVANA.

MOLDED PRUNES.

One pint of prunes, one-half cup of sugar, one ounce of gelatine, the rind and juice of one lemon, one pint of water; boil the prunes in the water and sugar until quite soft, then remove the stones, crack the kernels and add them with the lemon juice and rind and the gelatine dissolved

in a little water; stir all until thoroughly mixed; pour into a mold, set in a cool place till ready to serve, when turn bottom side up and pour over whipped cream. Decorate with a few stuffed prunes.

JULIA PULLMAN.

RASPBERRY, CURRANT, GRAPE OR PEACH FLUMMERY.

Soak one-half package of gelatine in one-half cupful of cold water until soft; heat to boiling two and one-half cupfuls of red raspberry juice; sweeten to taste and turn over the soaked gelatine. Stir until perfectly dissolved, then strain and set the dish on ice to cool. When cold beat the whites of three eggs to a stiff froth and stir into the thickening gelatine. Beat until the whole is a solid foam stiff enough to retain its shape. Turn into small molds previously wet with cold water, then pile roughly in a dish. Strew over some fresh raspberries and serve with whipped cream. MRS. C. ASTOR.

APPLE FOAM.

Pare and quarter enough ripe, juicy apples to make a pint, put on to stew in one pint of water, a teacupful of sugar; let cook until tender without breaking. Mix three tablespoonfuls of corn-starch in a little cold water and add to apples, stirring constantly. Cook five minutes, then turn into a mold and set away to cool. Eat with cream and sugar.

LUELLA WILSON.

ORANGE HONEY.

Stir two eggs into one-half pound of granulated sugar, add juice of two oranges and grated rind of one and butter size of a walnut. Cook over a slow fire, stirring constantly, till thick and clear like honey; then pour into custard cups which have had cold water in them, and set in the ice-box to cool. Serve with cream custard. MRS. MINNIE JEWEL.

IDEAL DESSERT.

One quart of milk, the whites of four eggs beaten to a stiff froth, one heaping cupful of sifted flour, one scant cupful of powdered sugar, add a little vanilla and a salt-spoonful of salt, beat till very light, bake in gem pans, sift powdered sugar over them and serve with vanilla sauce.

MRS. SARAH YATES.

RICE MOLD (TEXAS STYLE.)

Cover one-fourth of a box of gelatine with one-quarter of a cupful of cold water and let soak one-half hour. Boil four tablespoonfuls of rice in a kettle of rapidly-boiling water for thirty minutes, drain until the rice is

free from moisture. Whip one pint of cream, put it in a basin, place basin in a pan of cracked ice; add two-thirds of a cupful of powdered sugar and a teaspoonful of vanilla. Add the rice. Stand the gelatine over the tea-kettle until dissolved; strain it slowly into the cream and stir constantly, but carefully, until the whole is partly congealed. Turn into previously wet molds and stand aside to harden. Take one-half tumblerful of crab-apple jelly, add to it a cupful of water and stir over the fire until thoroughly melted. When pudding is ready to serve turn from the mold, pour over this sauce and serve. MRS. A. PARTRIDGE.

PRUNE WHIP.

Wash and soak over night one-half pound of prunes in water to cover; in morning cook in same water until tender; remove the stones; add one-half cupful of sugar; cook until of the consistency of marmalade; then put through a sieve; beat the whites of four eggs until stiff; add prune mixture and beat until well mixed; pile lightly on a dish and bake a delicate brown. MISS T. P. M.

CHARLOTTE RUSSE WITH PINEAPPLE.

Peel and cut a pineapple in slices, put into a stew-pan with a cupful of white sugar and one-half teacupful of water; stew until it is quite tender, then rub it through a sieve, place it upon ice. When cold add a pint of cream well whipped, a few pieces of nuts, and pour it into glasses lined with lady's-fingers standing lengthwise. Put in center of each a little jelly.
MRS. MINNIE HEARTER.

FRUIT SALAD.

Put in the center of a dish a pineapple pared, cored and sliced thin yet retaining as near as possible its original shape. Peel, quarter and remove the seeds from three oranges; arrange them around the pineapple. Take three bananas, peel and cut into slices crosswise; arrange these wreath-fashion around the oranges and over all this strew a few fresh ripe strawberries. Pour one pint of pulverized sugar over the fruit and serve. ANNA VALLENS.

FRUIT SALAD—No. 2.

Cut small cantaloupes in halves and if overripe scoop out and throw away. Fill with cold seeded grapes, peaches, bananas and shredded pineapple. Use orange juice for flavoring. Sprinkle over pulverized sugar. If sweet, do not remove flesh of melons. Set on ice twenty minutes.
E. J. T.

FRUIT SALAD—No. 3.

Four bananas, two oranges sliced fine, one-half cupful of sugar. Dissolve one-half box of gelatine (according to directions on box), pour over fruit and set away to harden. Cut in squares, serve with whipped cream on each square. Any kind of fruit may be used. MRS. W. VOKES.

FRUIT BLANC MANGE.

Take one quart of milk and soak one-half of a box of gelatine in it for one hour; place it on the fire and stir often. Beat the yolk of one egg very light with a cupful of sugar, stir into the scalding milk and heat until it begins to thicken (it should not boil or it will curdle); remove from the fire and when nearly cold stir in some nice stewed and sweetened fruit without the juice (cherries, raspberries and strawberries being the best); then pour into molds wet in cold water and set away to cool. Serve with cream and sugar. MRS. R. M. NESBITT.

MACAROONS.

For cocoanut, almond, chocolate and other macaroons and kisses look under the head of Cakes, Cookies, etc. They are a delicious accompaniment to ices, creams and all soft and cold desserts.

FRUIT SHORTCAKES.

For the recipes of peach, strawberry, and other fruit shortcakes see chapter Biscuits, Rolls and Muffins. They all make a very delicious dessert when served with sweet cream.

ÉCLAIRS.

For the recipe of éclairs look under the head of Cakes, Cookies, Etc.

HEN'S NEST.

(A fancy dish.)

Take one-half dozen eggs, make a hole at one end and empty the shells, fill them with blanc mange; when stiff and cold take off the shells; pare lemon rind very thin, boil in water till tender, then cut in thin strips to resemble straw and preserve in sugar; fill a deep dish half full of jelly or cold custard, put the eggs in and lay the straws, nest-like, around them.

SAUCE FOR THE ABOVE PUDDING.—One cupful of butter, one cupful of sugar, yolk of one egg; beat together and stir in one cupful of boiling water. Let it come to a boil, and when ready for use, flavor to taste.

MRS. WALTER BUROUGH.

HEALTH DESSERT.

A nice dessert is made by filling cups loosely with strawberries and pouring over them graham mush or, if preferred, thicken sweet boiling

milk to a consistency which is thin enough to fill the interstices between the berries, and yet thick enough to be firm when cool. Turn out and serve up with cream and sugar. MRS. THOS. GOUGH.

FLOAT.

Heat to the boiling point one quart of sweet milk, a tiny lump of butter and stir into it the yolks of four eggs. (Do not let boil or it will curdle.) As soon as it thickens pour out and stir in the beaten whites of four eggs. Sweeten and flavor to taste. This is fine if carefully made. Serve when cold. MRS. TESSIE JAMES.

SPANISH CREAM.

Boil one-half ounce of gelatine in one-quarter of a pint of milk till dissolved. When nearly cold strain it through muslin and mix with it a custard made of one-quarter of a pint of milk, one-half pint of cream, the well-beaten yolks of three eggs, any flavoring, and one ounce of white sugar. Stir it until nearly cold, pour it into a damp mold and put it in a cool place to set. When wanted dip it into hot water for one-half minute, shake it well to loosen the edges, place the dish upon the mold and turn it out quickly. Care must be taken that the custard does not curdle.

MRS. V. A. WILD.

BLUEBERRIES, PEACHES AND STRAWBERRIES IN SHREDDED WHEAT BISCUIT BASKETS.

One quart of strawberries, three-fourths of a cupful of sugar, one-half cupful of ice-water, or chopped ice, six shredded wheat biscuits, one-half pint of thin cream, powdered sugar. Wash and pick over the berries, crush two-thirds of them, add the sugar and ice water, set in a cool place one hour. Prepare the biscuit by cutting with a sharp-pointed knife, an oblong cavity in the top of the biscuit, about one-fourth of an inch from sides and ends; carefully remove the top and all inside shreds, making a basket. Fill with the crushed berries, letting the syrup saturate the biscuit. Put whole berries, of a uniform size, on top; sprinkle with powdered sugar and serve with cream. Raspberries, blackberries or bananas, may be prepared in the same way. Blueberries may be used without crushing. Pineapple, peaches, or cantaloupe may also be used, paring and cutting fine with silver knife, using same proportions of sugar and water. Shredded wheat biscuits can be bought of any grocer. They are made of entire-wheat and especially good for a weak stomach.

A. A. C.

STRAWBERRY SOUFFLÉ

Beat the yolks of two eggs in one-half cupful of ripe crushed strawberries, juice of two oranges and one-half cupful of sugar together, then cook for two minutes; add one-quarter of a package of gelatine soaked till soft, the whipped whites of two eggs, and when cold one cupful of whipped cream; turn into a soufflé dish surrounded with a paper band; cover with strawberry jelly and place on ice till needed. (See Colored Picture.) MRS. J. H. TIBBITTS.

LEMON PATTIES.

Grate a loaf of dry bread in a basin, and pour over it one cupful of boiling milk. When cold mix in it the grated peel of two lemons and three well-beaten eggs. Add to this one-fourth pound of butter beaten to a cream with two-thirds of a cupful of powdered sugar. Butter some small cups, fill them with the mixture and bake for twenty minutes in a moderate oven. Turn the patties on a dish, pour over some sauce and serve. MRS. MARY BAKER FISH.

ORANGE VOL-AU-VENT.

Roll into a thin sheet some rich puff paste. Cut out an oval piece and three rims to fit (see colored illustration). When baked spread the edges lightly with orange preserve or meringue, and press the rims one above the other on the oval piece. Decorate with meringue, return to a moderately heated oven for about five minutes, then fill the center with fresh sliced oranges well sugared. MRS. MARION LOVEWELL.

GERMAN PANCAKES FOR DESSERT

Beat the yolks of six eggs and whip three whites to a stiff froth; mix them with a teacupful of cream and finely-grated stale bread-crumbs and a breakfast-cupful of flour, pour in the saucepan, add a pinch of sugar and stir over the fire until thick. Melt some butter in a frying-pan and fry the preparation like pancakes. Put them on a hot dish, sift powdered sugar and juice of one lemon over and serve. AMY BITNER.

SOCIETY DESSERT.

One-half box of gelatine soaked and dissolved, to which add a wineglassful of sherry wine, one-half pint of cream whipped stiff, one tablespoonful of boiled rice, one-half pound of chopped figs, one-quarter cupful of powdered sugar; mix all together and stir until it begins to thicken; pour into molds. Serve cold. MRS. EASTMAN.

ORANGE MERINGUE.

Slice six peeled oranges in a dish and pour over one pint of milk boiled with one-half cupful of sugar and two tablespoonfuls of corn-starch, allowed to cool. Make meringue of the whites of three eggs beaten stiff, brown in the oven. FANNIE GALLUP.

CREAM MOLDED CUSTARD.

One cupful of brown sugar; put over fire, stir constantly until melted and boiling; have ready long bread pan; line inside with melted butter. Make custard of quart of milk and five eggs, two tablespoonfuls of sugar, a pinch of salt; pour into the pan and bake in a pan of hot water until it is firm; set away to get very cold; turn out on a platter and serve; there will be a rich brown sauce surround. This is a foreign recipe and fine.

MRS. T. C. BRUBAKER.

PINEAPPLE DESSERT.

Make thin sandwiches of home-made white bread and grated pineapple; pour the juice over them and let stand until well soaked; then cover with sweetened whipped cream and serve very cold.

JUDITH FOSTER.

SEA-MOSS BLANC-MANGE.

Procure sea moss at druggist's. Wash a handful in several waters to remove grit. Throw it in a quart of boiling milk, stir until the sea-moss has been absorbed to make it thick, which can be determined by trying a little in a cold dish. Add a pinch of salt and any desired flavoring. Strain into molds and serve cold with sugar and cream. W. E. F.

HIMMEL FUTTER.

Grate three-quarters of a cupful of rye bread, add three-quarters of a cupful of almonds, two cupfuls of powdered sugar, whites of six eggs, one-half cupful of walnuts, two teaspoonfuls of baking-powder. Bake in layers. Break into small pieces and serve with cream, flavored with lemon and sweetened. MRS. M. FAUST.

CREAM PUFFS (GOOD).

One cupful of boiling water, one cupful of flour and one-half cupful of butter. Mix together, first putting the butter in the water, then stirring in the flour and baking-powder. Let cool, stir in three eggs, drop into buttered pans and bake in a moderate oven thirty minutes.

FILLING.—One cupful of sweet milk, one-half cupful of sugar, one egg and one tablespoonful of corn-starch. Cook until like thick cream and flavor. Take a knife, raise top of puff, and fill in with filling. Dust top with pulverized sugar. MRS. CHAS. HORNER.

CREAM PUFFS—No. 2.

One cupful of hot water and one-half cupful of butter. Boil the water and butter together and stir in a cupful of dry flour while boiling. When cool, add three eggs not beaten. Mix well and drop by spoonfuls on buttered tins. Bake twenty-five minutes.

CREAM.—One cupful of milk, one-half cupful of sugar, one egg and three level tablespoonfuls of flour. Beat the eggs, sugar and flour together and stir in the milk when boiling. With a knife lift off the top of the puffs and fill. ROSE C. JENKS.

COMPÔTE OF CHERRIES.

Pick large white cherries, wipe them, and leave on them about one inch of stalk, making all uniform. Put one-half pound of sugar into a saucepan with one cupful of water, and let it boil for ten minutes, then put into it one and one-half pounds of the cherries and simmer three minutes. Dish them with the stalks uppermost. E. F. T.

CURRANT SNOW

Wash one cupful of tapioca, then pour boiling water over it and cook in a double boiler until the tapioca is transparent; add a pinch of salt; stir often while cooking; wash one pint of ripe currants and put them in a glass dish, sprinkle over them one cupful of white sugar, turn the hot tapioca very slowly over them and after it has cooled a little set on the ice to get very cold. Serve with cream. A delicious and cool summer dessert. MARION.

GELATINE SNOW.

Use one-half box of Cox's gelatine. Pour one pint of cold water over it and set on back of stove till dissolved. Then add one coffee-cupful of sugar. Pour gelatine over the sugar, then pour a pint of warm water over all, beating well together. Add juice of two lemons strained into the gelatine. Beat the whites of two eggs. When nearly cold pour the eggs on top. Place the yolks around the dish so as to give a pretty effect.

ADA HERMANN.

DELICIOUS BLUEBERRY DESSERT.

Stew blueberries or any other berries and sweeten to taste and pour hot over thin slices of bakers' bread, buttered and with crust cut off, making alternate layers of fruit and bread, leaving a thick layer of fruit for the last. Put a plate on top, and when cool set on ice. Serve with sweetened cream. Inexpensive. LUELLA.

RHUBARB SAUCE.

A nice way to cook rhubarb (or pie-plant, as it is generally called) is to wash it and peel it, cutting into pieces one inch long. Allow one pound of granulated sugar to each pound of the fruit. Use a porcelain-lined or a granite stew-pan. Add one-half cupful of water, cover the rhubard with the sugar and set it on the back part of the stove and let it slowly simmer. When done do not stir but turn it carefully out to cool. The fruit does not have that pasty look so often seen and yet it is perfectly done.

H. F. L.

DATE CREAM.

Remove the stones from as many dates as desired for a dessert, put in a pretty glass dish and pour over a generous amount of whipped cream. A few macaroons crumbled in with the dates improves the flavor. Set in a cold place until ready to serve. MRS. IOLE BUELL.

QUINCE SOUFFLÉ.

Stew a few quinces until soft, slightly sweeten and pass through a colander. Put into a glass dish and cover with a custard made of one pint of milk, two yolks of eggs and three tablespoonfuls of sugar. Whip whites of two eggs light with two tablespoonfuls of sugar and heap on top.

MISS STAHL.

GOLDEN CREAM.

Dissolve one ounce of gelatine in a pint of cold water. Strain and add to it the juice of three oranges, grated rind of one, juice of one lemon, the yolks of two eggs well beaten and a cupful of sugar. Stir over a gentle fire until it comes to a boil, then pour into a mold. When ready to serve pour over the following sauce: Beat the whites of two eggs very stiff; add a small cupful of preserve. Beat until the preserve is in tiny shreds. Excellent. MISS BOLAND.

Ice-Creams, Ices and Sherbets

ICES are not, we regret to say, healthful when taken at the close of a meal, and yet no dinner is looked upon as complete without them in some form or other. But when used at any other time they are nourishing and refreshing.

Frozen dishes will always, however, be popular in spite of the one unpleasant fact, and many of them are certainly delicious. Water ice, sherbets, punches and ice-creams all come under the head of frozen dishes. When a family prefers to make its own ice-cream it is essential that a good freezer be purchased. There are several such on the market, and the labor of manufacturing ices and kindred dishes is much lessened by the use of one. It is best to scald the cream, and the sugar should be dissolved in it while hot. Fruit juices should never be cooked. They should be beaten into the cream after it is frozen, to attain the best results. For a four-quart freezer allow ten pounds of ice and two quarts of rock salt.

PLAIN VANILLA ICE CREAM.

One quart of milk, the yolks of three eggs, three-fourths of a pint of sugar and two tablespoonfuls of corn-starch. Scald but do not boil. Then put the whites of three eggs into one and one-half pints of cream; whip it. Mix the milk and cream, flavor and freeze. Two teaspoonfuls of vanilla are generally sufficient. IONE ANDERSON.

ICE-CREAM WITHOUT EGGS.

Stir one quart of good cream, one-half pound of sugar and two teaspoonfuls of the extract of vanilla, until dissolved. Strain through a fine muslin and freeze, stirring rapidly. Instead of vanilla, any other flavoring desired may be used. POPULAR CATERER.

ICE-CREAM WITHOUT COOKING.

When the ordinary facilities for making ice-cream are not at hand, it can be made by taking three pints of milk, four eggs well beaten, three-fourths of pound of sugar and one tablespoonful of corn-starch; mix in a three-quart tin pail; boil in a kettle of water till quite thick; add one pint

of sweet cream and flavor to taste. Freeze in a common water pail or any vessel of suitable size, with equal parts of ice, chopped fine, and coarse salt. Rotate the pail and stir frequently. MRS. CURTIS.

STRAWBERRY ICE-CREAM.

One pint of cream, one pint of milk, one quart of strawberries, one small pint of sugar. Mash the strawberries and sugar together and let them stand thirty minutes, then add the cream, rub through a strainer into the freezer and freeze. MRS. J. C. HUNT.

CHOCOLATE ICE-CREAM.

For about two and one-half quarts of cream use one and one-half pints of milk, one quart of thin cream, two cupfuls of sugar, two ounces of chocolate, two eggs and two heaping tablespoonfuls of flour. Put the milk on to boil in the double boiler. Put the flour and one cupful of the sugar in a bowl, add the eggs and beat the mixture until light. Stir this into the boiling milk and cook for twenty minutes, stirring often. Scrape the chocolate and put it in a small saucepan. Add four tablespoonfuls of sugar (which should be taken from the second cupful) and two tablespoonfuls of hot water. Stir over a hot fire until smooth and glossy. Add this to the cooking mixture. When the preparation has cooked for twenty minutes, take it from the fire and add the remainder of the sugar and the cream, which should be gradually beaten into the hot mixture. Set away to cool and when cold freeze. MARIA PARLOA.

COFFEE ICE-CREAM.

One gallon of cream, yolks of thirty-five eggs, two pounds ten ounces of sugar, two quarts of very strong black coffee (made up). Stir well with an egg beater and when beginning to thicken without boiling strain the mixture; allow it to become cold and freeze. R. W. S.

PISTACHIO ICE-CREAM.

Blanch and peel one-quarter of a pound of pistachios and pound them to a smooth paste with a few drops of rose-water. Beat the yolks of six eggs and pour over them one and one-half pints of boiling milk; add four ounces of powdered sugar and stir the custard over the fire until it begins to thicken; then pour it out and when cool stir into it the pounded pistachios and a teaspoonful of spinach coloring. Pass the whole through a sieve; mold and freeze. If preferred, the pistachio paste can be mixed with cream instead of custard. ELLA BREWSTER.

CHERRY ICE-CREAM.

Take two pounds of cherries, one quart of cream, twelve ounces of sugar. Pound the cherries in a mortar with their pits in them. Pass the pulp through a sieve, add the sugar and the juice of two lemons to the cream and a little red color. Freeze it. HENRIETTA M.

RASPBERRY ICE-CREAM.

Mix one pound of ripe raspberries with the juice of a lemon, one-half pound of powdered sugar and one and one-half pints of thick cream, or, if preferred, one pint of cream and one-half pint of milk. Beat the mixture in a basin, rub it through a sieve, freeze and leave it in the ice-pail till it is wanted. If more convenient, raspberry jam or raspberry jelly may be used in place of the fresh fruit, and when this is done very little sugar will be required. A still more agreeable and refreshing ice-cream may be made with two portions of red currants mixed with one portion of raspberries, instead of raspberries alone. C. CASPER.

GINGER ICE-CREAM.

Take one-quarter of a pound of preserved ginger, cut it into very thin slices, using a silver knife, put them into a saucepan with a pint of cream —or a pint of milk boiled and mixed with the yolks of six eggs—one-half pound of sugar, and two tablespoonfuls of the ginger syrup. Stir the mixture over the fire until it thickens a little, then strain through a sieve. Pour into a mold and when the cream is cold, freeze in the ordinary way. Keep in ice till wanted. W. T. M.

BRICK ICE-CREAM.

To make ice-cream in bricks a mold of the size and shape of an ordinary brick is need. The ices, no matter what their composition, are used to fill these molds which are made of copper or tin. After the molds are frozen they are cut in slices previous to being handed round. A knife dipped in hot water is used for this purpose. F. L. P.

BOHEMIAN ICE-CREAM.

The smaller varieties of ripe red fruit are used to make this cream; they are pulped through a fine sieve, and to one pint of the juice is added one and one-half ounces of the best isinglass, dissolved in one-half pint of water. Sweeten to taste and squeeze in lemon juice. Mix with this quantity a pint of sweetened whipped cream and mold for freezing.

These creams, where raspberries only are used, may be put into glasses, and made without isinglass—in the proportions of a pound of fruit juice to one pint of whipped cream. MRS. LEANDER HOLMES.

NOYEAU ICE-CREAM.

Sweeten one-half pint of thick cream with two ounces of sugar. Add one tablespoonful of strained lemon juice and a glassful of noyeau. Mix thoroughly and freeze in the usual way.

The noyeau for this cream is composed in this manner: Gather one-quarter of a pound of young peach leaves on a dry, sunny day. Put them into a jar and pour over them two pints of good brandy and leave them to infuse for a couple of days. Add a syrup made by dissolving a pound of sugar in a pint of water. Let the noyeau remain a few hours longer, then filter it carefully and it is ready for use. H. F. L.

CRUSHED FRUIT ICE-CREAM.

Two quarts of pure cream, one pint of milk, two and one-half cupfuls of granulated sugar, four teaspoonfuls of any extract you prefer, or, if fruit is substituted, use about a pint, or a little less, of crushed fruit, well sweetened, to the above amount of cream. Add the fruit when the cream is partly frozen. MRS. L. BENSON.

CHOCOLATE CREAM À LA COLBERT.

Boil three pints of cream with ten ounces of sugar until reduced to a quart. Melt one-half pound of chocolate over a slow fire in one-half pint of water. Mix the melted chocolate with the cream, together with two ounces of gelatine that has been soaked in water. When the gelatine is melted and well mixed strain the whole through a cloth into a basin. Stir on ice till the contents begin to set and mix in three pints of well-whipped cream. E. D. WHITE.

BAKED-APPLE ICE-CREAM.

Seven large baked apples with one cupful of sugar and two cupfuls of water, when well baked put through sieve; add one pint of rich cream and one cupful of milk; sweeten more than usual, cream, and color with one tablespoonful of red sugar and freeze. MINETTE BAILEY.

APRICOT ICE.

Skin, divide and stone six large ripe apricots. Blanch, pound and add the kernels of the fruit, with the juice of two lemons, one-half pint of water and two pints of clarified sugar. Then pass all though a fine sieve and again strain before freezing. It takes twenty-five minutes to freeze.

C. GAINES.

CHERRY ICE.

The juice of three lemons, a teacupful of sugar and one quart of red cherries. Add a pint of water and freeze. Serve in sherbet glasses, with candied cherries on top. MISS HELLER.

GRAPE ICE.

Mix one and one-half pounds of sugar and one pint of water; bring it to the boiling point and pour it while hot over four pounds of ripe grapes, which have been mashed to a pulp. Let stand covered for one hour, then rub through a sieve and add the juice of one lemon and freeze. When partly frozen add two tablespoonfuls of powdered sugar. Finish freezing and set away for two hours. MRS. AMY BURNS.

CURRANT ICE.

Take one pint of currant juice, one pound of sugar and one pint of water. Place the ingredients in the freezer and when partly frozen add the whites of three eggs well beaten. DELILAH LOCHE.

LEMON ICE.

Dissolve one-half package of gelatine in one pint of cold water. Take eight lemons and press out the juice, mixing it with one and one-quarter pounds of white sugar; pour one quart of hot water on both sugar and lemons. Add one and one-half pints of boiling water to the gelatine and when thoroughly dissolved add this to the rest of the ingredients. Strain and let cool. Then whip fifteen minutes and freeze. More delicious than ice-cream. AURORA POWERS.

MILK SHERBET.

Squeeze the juice of four lemons on three cupfuls of sugar; put the skins with a cupful of water on the fire, and let simmer ten minutes. Scald two quarts of milk, with two tablespoonfuls of corn-starch and one cupful of sugar. When cold put in freezer and when it begins to stiffen add the lemon and sugar; then freeze. MARIAN LOVEWELL.

PINEAPPLE SHERBET.

Make a thick syrup by boiling one quart of water and one pound of sugar for fifteen minutes. Pare and finely shred a pineapple. Let stand two hours before using. Sprinkle with two tablespoonfuls of sugar; cover well. Allow the fruit, juice and shreds to infuse in the warm syrup until entirely cold—an hour if convenient. Freeze and serve in small cups.

MRS. H. F. TIBBITTS.

LEMON SHERBET.

Rub one and one-half pounds of loaf sugar upon nine fresh lemons until the yellow part is taken off. Put the sugar into a bowl, squeeze upon it the juice of the lemons and add one quart of water. Stir the liquor till the sugar is dissolved, strain, and freeze as for ice-cream.

JULIA DICKERSON.

LEMON SHERBET—No. 2.

Rub the yellow rind of three lemons with lumps of sugar, to get the flavor. Press the juice of six lemons and remove all the seeds. Put the sugar and juice with one pound of powdered sugar into one-half gallon of water. Beat to a stiff froth the whites of five eggs, stirring in two tablespoonfuls of pulverized white sugar. Then slowly stir it in the lemonade and put it immediately in a patent freezer, with salt and ice around the freezer (the same as for ice-cream) and turn it until it is frozen as hard as you wish it. This is very delicate and resembles a dish of snow.

M. HARMON.

RASPBERRY SHERBET.

Take the juice of three lemons, the juice pressed from three pints of raspberries, two cupfuls of sugar and one quart of water. Freeze.

E. J. F.

FRUIT ICE.

Grate two large lemons, take the juice, a glassful of grape syrup, a pint of thick cream and eight ounces of powdered sugar. Mix and freeze, and when sufficiently congealed add four ounces of preserved fruits, cut small and mixed well with the ice. Let the cream remain in the ice until wanted.

MRS. H. PENNOYER.

COFFEE SHERBET.

To a pint of strong coffee add a pint of cream, six heaping tablespoonfuls of sugar and six drops of vanilla. Put coffee, cream, sugar and extract all in together and freeze. Serve in glasses.

MRS. PHILANDER LOCHE.

ORANGE SHERBET.

Two and one-half cupfuls of water, one and one-half cupfuls of sugar, juice of five oranges and one lemon; make a syrup of the water and sugar by boiling about twenty minutes. When cool add fruit juice and freeze, serve in small glasses.

MRS. D. G. LOCHE

GRAPE SHERBET.

Lay a square of cheese-cloth over a jar, put in one pound of ripe grapes, mash thoroughly with a wooden masher; drain the juice; add an equal amount of cold water, the juice of one lemon and sugar to make it very sweet. Freeze as usual. METTA MILLER.

STRAWBERRY SHERBET.

Take one pound of ripe strawberries and bruise them. Mix with them the strained juice of a lemon and a tablespoonful of orange-flower water, and pour upon them three pints of cold water. Let them soak four hours. Powder a pound of white sugar and put into a separate dish. Squeeze the juice into this through muslin and stir until the sugar is dissolved. Strain it again and set it on ice until wanted. MRS. C. KENT.

TURKISH SHERBET.

Boil two pounds of loaf sugar with one and one-half pints of water to a clear syrup. Skim carefully and pour it into a bowl. When cold stir into it one and one-half pints of strained lemon juice and one quart of white veal stock, clear and strong. Serve in glasses.

MRS. AMY STRONG.

NESSELRODE PUDDING.

Peel two dozen Spanish chestnuts. Put them into boiling water five minutes, take off the second skin and boil until tender with one-half of a stick of vanilla and one-half the thin rind of a fresh lemon in the water with them. Drain them well and pound them in a mortar. Press them through a hair-sieve and mix with them one-quarter of a pound of powdered sugar, a glass of maraschino, and one-half pint of thick cream. Dissolve three-quarters of an ounce of best isinglass in a little water, stir it into one-half pint of hot cream, add the chestnuts, etc., and keep stirring the mixture gently until it is sufficiently stiff to hold the fruit without letting it fall to the bottom. Work in two ounces of picked and dried currants and two ounces of candied citron cut into thin strips. Put the mixture into an oiled mold and set in a cool place to stiffen.

MRS. W. ADLER.

SOUFFLÉ À LA VANILLA.

Take six eggs and whip the whites, three pints of whipped cream, twelve ounces of sugar. Flavor with vanilla. Whip the egg whites well, then whip in the sugar. Whip the cream and mix all together. Add the flavoring. Pour the mixture into the mold and put the mold into strong salted ice. MRS. EMMA BEIDELMANN.

ICE CREAM SOUFFLÉ.

Four eggs, three gills of good cream, five ounces of sifted sugar and essence of vanilla. Whip the cream in a cold basin until it is stiff. Whisk the eggs to a froth with a knife on a plate. Mix them lightly into the cream and add the sugar and essence. Freeze it in the cream freezer and dress it in a soufflé tin. MRS. MARY MANNING.

CHARLOTTE RUSSE (FROZEN.)

Cut a sponge cake into sheets one-quarter of an inch or more thick, according to the size of the molds used, the thin sheets for small molds. Dissolve one and one-half ounces of gelatine in a gill of hot water. Beat a quart of cream in a large china bowl, set on ice removing the froth often till only one-half pint of cream is left, to which add four ounces of pulverized sugar, and the flavoring, which may be a teaspoonful of either orange, vanilla or nectarine When the gelatine is lukewarm, strain it, with the sugar and cream, into the froth, in a bowl set on ice; stir till it begins to stiffen, then fill the molds and keep on ice till wanted to serve.
MRS. D. ROBERTS.

FROZEN BANANAS.

Cut four bananas crosswise in very thin slices; add two-thirds cupful of powdered sugar, let stand an hour, then add one quart of water and the grated peel of a lemon. When the sugar is dissolved put all in a freezer and freeze as you would ice-cream. MRS. C. A. STEWART.

FROZEN PEACHES.

One quart of ripe peaches pared and sliced, one quart of water, one pint of sugar. When the sugar is dissolved, freeze. This is a delicious change from the usual desserts. MINNIE B. HEATH.

FROZEN PINEAPPLE CUSTARD.

One pint of milk and two eggs. Beat the yolks with two-thirds cupful of sugar and stir into the milk, then heat it to nearly the boiling point, stirring all the time. When cold add one cupful of sweet cream and the beaten whites of the eggs. Place in the freezer and turn till almost solid, then stir in one small pineapple grated which has stood an hour in one cupful of sugar. ADELAIDE R. COVERT.

TUTTI FRUTTI.

Take one quart of water ice or sherbet, two ounces of blanched almonds, two ounces of French candied cherries, two ounces of candied

apricots, two ounces of candied dwarf orange. In a quart mold spread one-half pint of pineapple ice and set the mold in a mixture of ice and salt. Soak the nuts and fruit till soft in a syrup of equal parts of water and sugar, chop them up very small, mix them with a pint of orange ice and pack well down on the first layer, making the top smooth. Fill the mold above the brim with pineapple ice, press the cover down so as to force out the surplus, bind a buttered strip over the joint, pack in ice and salt, and freeze from two to three hours. This is the famous Italian Tutti-Frutti. MRS. A. R. G.

FROZEN MIXED FRUITS.

One pint of strawberries, one pint of raspberries, one pint of red currants, one pint of water, the juice of two lemons, one and one-half pounds of sugar; mash the fruit, add the sugar and lemon juice, let stand an hour, add the water, stir until the sugar is dissolved, then turn into the freezer and freeze. Sufficient for eight people. ALICE A. YOUNG.

FROZEN SOUFFLÉ.

Take three tablespoonfuls of granulated sugar and yolks of five raw eggs, whip slowly. Mix in gently one pint of cream whipped to a stiff froth and one dozen macaroons or same amount of sponge cake cut in small pieces. Turn into a mold which has been wet in ice water, cover tightly, bind with a buttered cloth and bury in ice and salt for two hours
MOTHER.

ICED OATMEAL FLAKES.

Stir four heaping tablespoonfuls of Quaker Oats or wheat flakes into three and one-half cupfuls of fast boiling water, add salt, and cook for twenty minutes, using a double boiler. Cook the day before using, pour into cups, filling each one-half full, place on ice over night and when ready to serve remove from cups and eat with powdered sugar and cream. A little fruit strewed over is an improvement. MISS HOOD.

ICED PINEAPPLE.

Peel a fresh pineapple; hold it by the crown and grate it, using a grater with a dish large enough to receive all the juice. Put the grated pineapple in glass cups, dust it well with powdered sugar; keep on ice for an hour. To be eaten with macaroons. MRS. PERCIVAL.

PINEAPPLE AND ORANGE SHERBET.

Shred a fresh pineapple (or the canned fruit will answer), add one pint of sugar, juice of two oranges, one-half pint of water, juice of one lemon, and one tablespoonful of gelatine that has been soaked for one hour in one cupful of cold water, and dissolve in one cupful of hot water; mix all together well and freeze. MRS. W. RIDER.

CONVENIENT VANILLA FLAVORING.

The best way to flavor with vanilla is to buy two of the best Mexican vanilla beans and put them in a glass fruit jar filled with granulated sugar and kept tightly closed. Use the sugar in making desserts. The jar can be refilled with sugar a number of times for the same beans.

MRS. RIDER.

PINEAPPLE JULEP.

Pare a very ripe pineapple with as little waste as possible, and cut it into thin slices. Lay these in a large bowl and strain over them the juice of two sweet oranges. Pour in one-quarter of a pint of raspberry syrup and mix thoroughly. Just before serving add a tumblerful of shaved ice.

MARY VINING.

CONFECTIONERY

MANY people to-day object to candy because of the poisonous pastes used in the coloring. This objection is bringing about the use of fruit juices instead of dyes which are not only harmless but make candy look even more attractive than under the old method. We give below a happy mother's various methods of how to color candy with fruits and vegetables.

PREPARING SUGAR TO COLOR.

Rub as much sugar as is desired for making candy through a fine sieve into a granite pan. Place on the stove to warm, stirring till nearly dry; turn out, and it is ready for use. H. F. E.

TO COLOR CANDY YELLOW.

Put fresh-grated peel of lemon or orange in a muslin bag with a speck of water, squeeze tightly; mix the juice with sugar. Carrot treated in the same way will give forth excellent coloring matter. H. F. E.

TO COLOR CANDY CREAM COLOR.

Follow same method as above, using less color in the mixture H. F. E.

TO COLOR CANDY GREEN.

Pound vigorously a peck of freshly cut spinach, that has been well washed. Place it in a mortar dripping wet and pound till it is soft and pulpy. Wring the whole through a strong, clean cloth. Pour juice into a saucepan and stir over the fire until it begins to curdle, then pour the whole through a sieve to drain. Mix with the juice equal quantity of sugar, a tablespoonful of spirits of wine and a pinch of powdered alum. Keep cool in a well-corked glass bottle. H. F. E.

TO COLOR CANDY RED.

The color red is easily obtained from the pure juice of strawberry, raspberry or cranberry. This can be made in the fruit season, bottled

and kept ready for use (see Chapter Fresh Fruits). Cochineal can also be used if desired although the fruit juice is more to be recommended. Lay a little cochineal on a plate, add to it a little cream of tartar and alum and boil with one-half cupful of water for twenty minutes, then strain through muslin. H. F. E.

TO COLOR CANDY PINK.

Follow same directions as above only use less coloring matter in the mixture. H. F. E.

HOW TO MAKE CARAMEL SUGAR FOR CANDY.

Put one-quarter of a pound of finely-sifted sugar into a preserving pan, with one-fourth cup of water, place it on a moderate fire, and stir it with a wooden spoon till it becomes brown; then stir it constantly until it is a dark brown. Add one cup of hot water. Draw it to the side of the fire and let it simmer very gently for one-quarter of an hour longer. Strain and bottle for use. If the fire is too fierce, the caramel will be discolored. D. C. F.

PINK SUGAR FOR ORNAMENTING.

Crush the sugar either coarsely or to a powder, whichever is required. Place two or three drops of fruit juices or prepared cochineal in the palm of the hand, and rub the sugar in with it until it is sufficiently colored, when it is ready for use. S. C. A.

TO CLARIFY SUGAR.

Melt four pounds of sugar in two quarts of water, over the fire. When it boils beat in the white of one egg well whisked. Let come to a boil, skim, boil ten minutes; strain and bottle. CHARLOTTE HUNT.

FLAVORED SUGAR.

Rub the required quantity of powdered sugar through a fine sieve on a granite pan, set it on the stove to warm, and whisk in any kind of flavoring desired. H. E. A.

HOW TO TELL WHEN CANDY IS SUFFICIENTLY COOKED.

There are several methods of testing sugar while cooking. All skilled sugar boilers advise the use of a thermometer graduated from fifty degrees Fahrenheit to 350 degrees Fahrenheit. They claim that while the sugar is undergoing the process of boiling it is very nearly impossible for a learner to determine the exact degree which the sugar has attained without the aid of the thermometer. However, only a few skilled boilers use

them. The common method is to drop a drop of the syrup into cold water. The sugar must be boiled according to the kind of candy to be made, and there are several degrees, known as "smooth," "thread," "ball," and "crack." All these stages of the syrup must be learned by experimenting, and the ingenuity of the candy-maker brought into use. The "crack" degree (300 degrees or over) is used for most candies. It is a good plan to butter the dish in which sugar or molasses is to be cooked within a couple of inches of the top. This prevents the sugar rising any any higher and running over.

Do not put candy in a refrigerator to cool, but in a cold, dry place.

E. J. C.

NUT CANDY.

In one gill of cold water dissolve one pound of sugar and one-half salt-spoonful of cream of tartar. Place over the fire and cook till brittle, stirring in one-quarter of an ounce of butter. Shell some peanuts or any other nuts desired. Rub off the inner skin, put a layer two deep on the bottom of well-buttered tins and when the candy is hot pour it over the nuts and leave till cold. Break it into pieces of convenient size.

DOROTHY BUCHANAN.

MACAROONS OF NUTS.

Pound the meats of hickory nuts and add nutmeg and allspice. Make a frosting as if for a cake, stirring in the nuts and spices. Butter the hands and work into little balls the size of hickory nuts; place them on buttered tins and bake in a hot oven. They will spread a little on the tins.

PEARL BUTLER.

LEMON DROPS.

Dissolve a coffee-cupful of powdered sugar with lemon juice. Boil till it is brittle when a little is plunged into cold water. Butter plates and let the candy fall on them in drops. Set away to get hard.

JEAN LAMONT.

COCOANUT DROPS.

Grate a cocoanut, add one-half of its weight of sugar and the white of an egg beaten to a stiff froth. Mix thoroughly and drop on buttered white paper or tin plates. Bake fifteen minutes.

JOHN FULLER.

PEPPERMINT DROPS.

Take one cupful of sugar and let it come to a boil with one-half cupful of water. Take it from the fire as soon as it comes to this degree of

heat. Stir all the time and add one-half teaspoonful of essence of peppermint and drop the candy on an oiled slab. Pour it from the spout of the pan else the liquid will grain before the drops are molded.

JANNET BLUER.

COUGH DROPS.

Prepare the following: Two ounces of dried hoarhound, one ounce of dried camomile, one ounce of boneset, and two ounces of mullein-flowers; place them all in a saucepan, cover them with water and boil for ten minutes. Turn out into an earthenware dish and cover tightly and let stand until cold. Strain and pass the liquor through a hair-sieve. Measure the liquor and to each pint allow two pounds of loaf sugar. Put the sugar and liquor into a saucepan, boil to the crack degree, let it cool, pour it into a buttered pan and cut it into squares. DR. SMITH.

PEANUT BRITTLE.

Put two cupfuls of sugar in a spider over not too hot a fire; stir constantly till it melts; then stir in quickly one teacupful of chopped peanuts; mix thoroughly and pour on a buttered platter; spread thin.

ANNA SCHUERE.

BALTIMORE CARAMELS.

One-half cupful of molasses, one-half cupful of milk, two cupfuls of sugar, two squares of Baker's chocolate, butter the size of an egg; boil from ten to fifteen minutes; when taken from the fire add one teaspoonful of vanilla. TESSA WELCH.

FIG CANDY.

One pound of sugar, one pint of water, boil over a slow fire; when done add small piece of butter; be careful to boil slowly and not quite the usual thickness; turn all over split figs. LETTIE WEEKS.

ALMOND CANDY.

Two cupfuls of white sugar, one and one-half cupfuls of sweet milk; boil until it will crisp in water like molasses candy; add one-half cupful of blanched almonds, perfectly dry. W. T. M.

CHINESE FRUIT CANDY.

One cocoanut, one and one-half pounds of granulated sugar, wet with the milk of the cocoanut; put in saucepan, let heat slowly; then boil rapidly five minutes, add the cocoanut grated very fine and boil ten minutes, stirring constantly; try on a cool plate; if it forms a firm paste when

cool take it from the fire, pour one-half of it out on a large tin lined with greased paper, then add to the remaining cream one-fourth pound of raisins (stoned), one-half pound of blanched almonds, one pint of pecan nuts, one-half cupful of chopped walnuts; pour over the other cream. When cool cut in bars. ALICE WILSON.

POTATO CANDY.

Bake ordinary-sized potatoes, scrape out inside, mash fine, add quickly as much confectioner's sugar as it will take; have ready nut meats; stir in all you wish; make into tiny little balls or pats; when cold, are delicious. If you wish chocolate creams, dip the above into melted Baker's chocolate; lay on a buttered paper to cool. BESSE T.

MAPLE CANDY.

To two cupfuls of maple syrup add one cupful of granulated sugar and butter the size of a walnut. Cook until it hardens. Pour into buttered pan and set away to cool. RUBY.

RIBBON CANDY.

Boil three cupfuls of sugar, moistened with water, to the crack, flavoring and coloring it as desired; turn it into a greased pan and let it cool. Turn in the edges, and pull either with the hands or by means of a hoop, until light in appearance. Run it through a roller set so close that it will come out as thin as a wafer. Make into fancy shapes and let cool before packing away in boxes. Of course, butter the hands before beginning to pull. E. ARNOLD.

PINEAPPLE GLACÉ.

Cut a pineapple crosswise into thin slices and then again into quarters. Beat the whites of three eggs to a stiff froth; lay the fruit in this, drain and dip again the part that drips off. Select the pieces one by one and by the aid of a skewer dip them into finely powdered sugar. Place the fruit in an oiled or buttered pan and put in an oven that is cooling. Pile them on a dish and set them in a cool place until wanted.

PALMER MILLER.

BUTTER SCOTCH.

Take three cupfuls of brown sugar, four ounces butter. Do not stir it but as soon as it snaps and breaks add a good pinch of baking soda. Let boil two minutes longer and pour it into well-buttered biscuit tins. While partly cold mark off into squares P. MILLER.

FUDGES.

Four cupfuls of granulated sugar, one-half cupful of cream, one-half cupful of milk, one-quarter of a pound of butter, one-half cake of Baker's chocolate grated. Put all over hot fire until it begins to thicken, stirring constantly. Place pan in another of hot water and cook until it is easily formed into a ball when dropped into cold water, but not hard or brittle. Remove from fire at this stage, flavor with a teaspoonful of vanilla and stir until it begins to set. Pour in pan to depth of one-half inch and mark off in squares. STANLEY MILLER.

EVERTON TAFFY.

Take one-half pound of the best quality of brown sugar, one ounce of butter, one-half wine-glassful of water. Let sugar and water boil till they become a smooth, thick syrup. Add three drops of lemon essence, stirring briskly. Pour into buttered pans or onto a marble slab.

T. J. M.

NOUGAT.

This is a rare confection made of various kinds of nuts. When newly prepared it is sufficiently elastic to enable one to mold into cups, baskets or any other shapes. The following recipes give two styles to make them.

ALMOND NOUGAT.

Put eight ounces of fine powdered sugar into a copper egg-whipping bowl and mix in the whites of three eggs, whipping continually over a clear fire until the paste is of the consistency of thick batter. Add one-half pound of almonds blanched and chopped into small pieces, two ounces of chopped candied orange peel, one tablespoonful of vanilla sugar (see flavored sugar—this chapter), and a few drops of strawberry juice. Mix and spread out upon two pieces of wafer-paper to about one inch in thickness, cover with two more pieces of paper, using a flat tin with a small weight on top to keep them level. Put them in an oven of very moderate heat and bake for a few minutes. Take out and when nearly dry cut them up into oblong squares, or shape into baskets when first taken from the oven; form them before they have a chance to harden.

M. E. R.

BRAZILIAN NOUGAT.

Blanch five ounces of sweet almonds and cut them into fine threads. Roast the meats of three ounces of Brazilian nuts and peel and chop them with one and one-half ounces of candied lemon peel, mix them with the

almonds and three-fourths of a pound of confectioner's sugar. Whip the whites of two eggs to a stiff froth, sir them into the other ingredients and work all to a paste. Spread on a sheet of wafer-paper, cover with another sheet, press between two sheets of tin and put in the oven for thirty minutes. Leave till cold before cutting up. M. A. B.

CANDIED CHERRIES, PINEAPPLE AND OTHER FRUITS.

Boil but do not stir one-half pound of loaf sugar in one breakfast-cupful of water. Pit some cherries, or prepare any desired fruit, and string them on a thread, then dip them in the syrup; suspend them by the thread. When pineapples are used, slice them crosswise and dry them on a sieve, or in the open air; oranges should be separated into sections and dried like pineapple. E. S.

CANDIED NUTS.

Prepare the syrup as above. Instead of stringing the nuts, put the point of a skewer into each one and dip into the syrup. Dry as you would oranges or pineapple. E. S.

CREAM DATES.

Boil one and one-half cupfuls of sugar and three-fourths of a cupful of sweet milk; add one-half teaspoonful of butter. Boil about ten minutes. Let it cool; when lukewarm beat adding a teaspoonful of lemon juice. When it becomes a soft, creamy substance have ready seeded dates, fill with this cream and serve. T. P. M.

BRAZIL-NUTS PRALINES.

Put one pound of shelled Brazil-nuts into a pan over the fire with one-fourth of a cupful of vinegar and water mixed and two cupfuls of brown sugar. Let boil until they begin to sparkle, then remove the pan from the fire and with a spoon stir the nuts well until the sugar begins to feel gritty; put them over a slow fire again in order to dissolve the sugar and keep on stirring until they turn reddish; pour them onto a sieve, cover the sieve with a clean cloth and place it in the oven; this will dry the sugar and cause the nuts to look glossy. Any other nuts may be used instead D. Z. Brooks.

COCOANUT JAP.

Over a slow fire place one quart of New Orleans molasses and one-quarter of a pound of butter. When it boils add five grated cocoanuts and stir until it reaches a hard ball, that is, will adhere to the teeth when bit-

ten. Now pour out upon a buttered tin, spread as thick as desired with the blade of a knife. Cut into squares or diamonds before it is wholly cold. CHICAGO COOKING SCHOOL.

ATLANTIC CITY CARAMELS.

Put one and three-fourths pounds of sugar into a sugar boiler with one-eighth of a pound of butter, one-eighth teaspoonful of cream of tarter, one-eighth of a pound of cocoa paste and one-half ounce of white wax of paraffin; pour in one tumblerful of rich cream and boil over a clear fire till it "hairs." Have ready a well-buttered pan, pour over the mixture and let it cool. Cut into cubes or other shapes, wrap them up separately in wax paper and lay them away in boxes.

PUPIL, BOSTON COOKING SCHOOL.

CREAM CHOCOLATE CARAMELS.

Mix together in a graniteware saucepan one-half pint of sugar, one-half pint of molasses, one-half pint of thick cream, one generous tablespoonful of butter and four ounces of chocolate. Place on the fire and stir until the mixture boils. Cook until a few drops of it will harden if dropped into ice-water; then pour into well-buttered pans, having the mixture about three inches deep. When nearly cold mark into squares. It will take almost an hour to boil this in a graniteware pan but not half so long if cooked in an iron frying-pan. Stir frequently while boiling. The caramels must be put in a very cold place to harden.

MARIA PARLOA.

SUGAR CHOCOLATE CARAMELS.

Mix two cupfuls of sugar, three-fourths of a cupful of milk or cream, one generous tablespoonful of butter and three ounces of chocolate. Place on the fire and cook, stirring often, until a little of the mixture when dropped in ice-water will harden; then stir in one-fourth of a cupful of sugar and one tablespoonful of vanilla, and pour into a well-buttered pan, having the mixture about three-fourths of an inch deep. When nearly cold, mark it off in squares and put in a cold place to harden. These caramels are sugary and brittle, and can be made in the hottest weather without trouble. MISS MARIA PARLOA.

CHOCOLATE CREAMS.

Beat the whites of two eggs to a stiff froth. Gradually beat into this two cupfuls of confectioners' sugar. If the eggs be large, it may take a

little more sugar. Flavor with one-half teaspoonful of vanilla and work well. Now roll into little balls and drop on a slightly buttered platter. Let the balls stand for an hour or more. Shave five ounces of chocolate and put into a small bowl, which place on the fire in a saucepan containing boiling water. When the chocolate is melted, take the saucepan to the table and drop the creams into the chocolate one at a time, taking them out with a fork and dropping them gently on the buttered dish. It will take one-half hour or more to harden the chocolate. MISS PARLOA.

CHOCOLATE CREAMS—No. 2.

For these creams you should make a fondant in this way: Put into a graniteware saucepan one cupful of water and two cupfuls of granulated sugar—or a pound of loaf sugar. Stir until the sugar is nearly melted; then place on the fire and heat slowly, but do not stir the mixture. Watch carefully and note when it begins to boil. When the sugar has been boiling for ten minutes, take up a little of it and drop in ice-water. If it hardens enough to form a soft ball when rolled between the thumb and finger, it is cooked enough. Take the saucepan from the fire instantly and set in a cool dry place. When the syrup is so cool that the finger can be held in it comfortably, pour it into a bowl, and stir with a wooden spoon until it becomes thick and white. When it begins to look dry, and a little hard, take out the spoon, and work with the hand until the cream is soft and smooth. Flavor with a few drops of vanilla, and, after shaping, cover with chocolate, as directed in the preceding recipe.

CAUTION.—Do not stir the syrup while it is cooking, and be careful not to jar or shake the saucepan. MISS PARLOA.

SUGARED ALMONDS.

Boil together a syrup made from one pound of sugar and one pint of water. Blanch one pound of sweet almonds and put them in; let them boil for some minutes. Take them out and drain them; let the syrup boil until thick, then return the almonds, and take them out when coated with sugar, which will be in a minute or two. They should be thoroughly dried and kept in a warm place. MRS. MARIA TOMLIN.

ALMOND BON-BONS.

Grilled almonds make a delicious bon-bon. Blanch a cupful of almonds and dry them thoroughly. Boil one cupful of granulated sugar with one-quarter cupful of water until it "hairs"; then throw in the

almonds. Let them cook in this syrup, stirring occasionally until they become a delicate golden brown before the sugar changes. As soon as the sugar commences to take on a color quickly take the pan from the fire and stir the almonds rapidly until the syrup has turned back to sugar and clings irregularly to the nuts. MRS. ALMIRA TOWN.

ICE-CREAM CANDY.

One cupful of sugar, one-third of a cupful of water, one-quarter teaspoonful of cream of tartar, butter the size of an egg; boil all together fifteen minutes, not stirring till taken from the fire, then add vanilla, strawberry, or any extract preferred. L. G. GRAMM.

BUTTER TAFFY.

This taffy can be made of one cupful of sugar, one-half cupful of water, one teaspoonful of molasses, butter the size of an egg and two teaspoonfuls of vinegar. LISSIE MOONEY.

FIG CANDY.

Use one-half pound of white sugar and one-half pint of water. Set over a slow fire. When done, which can be told by dropping some in cold water, when it should harden, add a large lump of butter and six drops of vinegar. Pour into pans in which figs that have been split are laid.

A-LA-HUYLER.

POP-CORN BALLS.

Pop the corn and take out all the hard kernels, then put in a large pan, the larger the better. For seventy balls, take two cupfuls of sugar and two cupfuls of molasses and boil them until, when you drip a little into cold water, it is brittle; then pour in a thin stream over the corn. One person should pour and the other stir up the corn constantly to get it all mixed in with the candy. The less candy used the better. The corn must be salted and buttered. Work it into balls with the hands.

B. FELT.

MOLASSES CANDY.

One cupful of New Orleans molasses, a piece of butter the size of an egg, one tablespoonful of vinegar. Boil, but do not stir, until it hardens when dropped in cold water. Watch it that it does not burn. When it becomes hard and brittle stir in a teaspoonful of soda and beat well; pour into buttered pan and when cool pull until yellow, using butter on your hands, so that the candy will not stick. M. C. B.

CHOCOLATE CARAMELS.

Two cupfuls of brown sugar, one-quarter pound of chocolate, one-half cupful of molasses, one-half cupful of milk, one-half cupful of butter. Cook to 254°, stir in one teaspoonful of vanilla and pour in buttered pan.

SCHOOL OF EDUCATION.

CANDY ROSES (DAINTY).

Boil some sugar and water until when a fork is dipped into the pan it throws off the sugar as fine as threads. Then it is ready. Rub the inside of some cups with olive oil and put into each cup four tablespoonfuls of syrup and one rose; let stand until cold, turn out, and serve in a bon-bon dish.

A. GUNTHER.

FROSTED WALNUTS.

Remove the shells from four dozen walnuts. Take off skins, separate them into halves and dip them into an icing made of four tablespoonfuls of sugar and the white of an egg beaten to a stiff froth. Place them on a sheet of clean paper, stand them in the oven, and bake a light brown color. Take out, remove from the paper and they are ready to serve.

M. E. R.

A SUGAR OFF WITH MAPLE SYRUP.

Those who have lived among the maple groves of Vermont, New York, Michigan or parts of Canada know what real enjoyment there is in a "Sugar Off." But good things like these cannot be kept a secret, and so if you want one of the nicest edible treats of your life, take two quarts of genuine (not imitation) maple syrup and put it over the fire in a large granite kettle and let it boil without stirring until you can wax it by dropping a little in cold water. While it is boiling, get ready some pieces of flat ice, about four or five inches thick and five inches long. Put one piece on each plate. Now when all is ready lift from the kettle by means of a large spoon a little of the "Sugar Off" and spread over the ice. Eat at once while it is warm. No harm if it cools, except that the pleasure wanes with the cooling. If ice is not to be had, snow or cold water will answer the purpose but ice is better. Some prefer to eat it from a saucer without either ice or snow. By stirring the wax in a saucer it will grain and become sugar. It is still good.

MRS. ELIZA LOCKE.

NUT MACAROONS.

Chop fine, hickory nuts, pecans or walnuts; make frosting as for cakes, stir in meats, putting in enough to make it easy to handle; flour the hands and make the mixture into balls the size of nutmegs; lay on buttered tins, leaving room to spread, and bake in a quick oven. Delicious.

LIDA.

COUGH CANDY.

Three cupfuls of sugar, one cupful of water and vinegar mixed half and half. Stir before putting on the stove, but not after. When partly done add butter the size of a walnut. Just before removing from the stove, stir in one-fourth teaspoonful of soda dissolved in a few drops of hot water. When cool enough to handle pull white. LUELLA T.

NUT AND POPCORN CANDY.

Take three quarts of corn freshly popped and stir it into two cupfuls of New Orleans syrup that has boiled until it threads from the spoon. Before adding corn however, stir in the syrup a speck of soda dissolved in hot water, then add one cupful of finely flavored hickory-nut meats and then the corn. Stir all until the sugar is evenly distributed over the corn. Take from the fire and stir until it cools a little, and in this way you may have each kernel separated and all coated with sugar. LILLIE MILLER.

BUTTER-SCOTCH FOR A COLD.

Two cupfuls of sugar, two cupfuls of dark molasses, one cupful of fresh tried lard and the juice of two lemons. Boil over a slow fire until it hardens when dropped in cold water. Pour on tins well buttered and mark into little inch squares, before it cools. M. HILL.

COFFEE, TEA, COCOA and BEVERAGES

AS THE human body is composed of two-thirds its weight in water, so upon the liquid we drink depends, to a large degree, health and long life. Through it, the blood receives new life and discharges the worn-out substances. In this way it becomes a part of the human frame, and is derived principally from the outside, in the form of drinks and food.

DRINKING WATER.

Great care, therefore, should be exercised as to the sort of water we drink as well as to the food we eat. Water, when pure, is a colorless, transparent liquid.

Rain water is the best example of pure water known, but when it stands in cisterns it is liable to become contaminated by neighboring sinks and vaults and rendered unfit to drink.

Spring water is the nearest approach to perfect water that we have. This is particularly so when it flows through rocky or sandy soil. A "living spring" is a boon to humanity, and how beautiful that our country is blessed with them.

FILTERED WATER.

The functions of water are so important to the human race that where the least suspicion occurs as to its purity, it should be either filtered or boiled before using. Many people in cities take the double precaution. They first filter the water, then boil it. In boiling, the insoluble lime which the water takes up in its passage through the air and soil is precipitated to the bottom of the kettle, thus the impurities are eliminated, and the water becomes soft. Filters are procurable at a slight cost. They are valuable in taking sediment out of water, but they do not remove germs. Boiling must do this.

BAD EFFECTS OF ICE-WATER.

Ice-water taken to excess is detrimental. It chills the mucous membranes, and creates an inflammation which calls for more and more of the liquid. It interferes with the formation of gastric juices. Dyspepsia is

also often traceable to its use. An old-fashioned, but good, method of cooling water for drinking purposes is to draw it in a stone pitcher, cover over the top and place several folds of cloth around the outside, wetting them as often as they become dry. Another way, and a better one still if one has ice, is to bottle the water and set the bottle on ice.

HEALTHFULNESS OF TEA AND COFFEE.

Much has been said of the unhealthfu ness of tea and coffee, in producing unpleasant and dyspeptic symptoms, but a person of ordinary good health can partake of both beverages moderately with food, without serious effects.

Both coffee and tea should be kept in tin "caddies." Wood will impart an odor to either article if enclosed in it. Coffee should be bought in small quantities and in the green berry, if practicable. When one roasts and grinds it oneself one is certain of no adulterations. Three-fourths Java and one-fourth Mocha makes the best mixture.

TEA—HOW TO MAKE.

Tea should be made as soon as the water boils, and only a small quantity of hot water should be poured on at first. Then it should be set back from the fire where it will "draw" for about five minutes, then filled up with boiling water and brought to the table. The usual recipe is two teaspoonfuls of tea to each cupful of water, but I should advise much less tea than this.

Water that has stood in the kettle over night should never be used. Ceylon tea must be made in small quantities, and made often, as it becomes bitter by standing. Uncolored Japan is considered the purest of all teas. AN OLD TEA DRINKER.

RUSSIAN TEA.

A tea made after the manner of that made in Russia is growing in favor in this country and especially so for afternoon tea drinking. To make it properly a semivar is needed but in the absence of the semivar, tea can be made in the usual way and poured into cups in which has been placed a thin slice of lemon. Serve. SOCIETY WOMAN.

HOW TO MAKE GOOD COFFEE.

Coffee is the breakfast beverage of thousands, but how little enjoyment if it is so poorly made as to lead one to wonder if the real coffee ever entered into its make-up. For five persons use one-half cupful or a trifle more of ground coffee; stir into it one-half of the white of an egg

and a little cold water. Now pour all into the coffee boiler and pour on five cups of boiling water. Let it slowly come to a boil and then, with a granite spoon, stir it up and set it back on the range to settle. In eight minutes it is ready, clear as amber and very delicious.

T. J. Thompson.

DRIP COFFEE.

Hardware stores now sell a patent coffee pot which has a compartment for placing the coffee in, and the boiling water is poured on it and it drips or filters through. A good drip pot may be made by taking a ring that fits the inside of the pot at the top and a muslin bag can be sewed on this ring, into which the ground coffee can be put. Pour all the boiling water you will need over the coffee and close the lid. When it has all passed through it is done and ready to drink.

Anna Stone, M. D.

ICED COFFEE.

Take one quart of hot coffee and one quart of hot milk, but not boiled, and pour both into an ice-cream freezer. Sweeten, cover and place it in a tub of ice and rock salt. Turn the freezer for six minutes and serve in glasses with whipped cream. Mrs. Minnie Johnson.

COFFEE WITH WHIPPED CREAM.

Put into each cup a teaspoonful of sugar and two tablespoonfuls of boiling milk. Fill the cups two-thirds full with hot coffee and put on top two spoonfuls of the whipped cream. Minerva Weeks.

BLACK OR AFTER-DINNER COFFEE.

Put one cupful of coffee in the coffee boiler, a little egg and cold water. Stir well, then pour on three cupfuls of boiling water. Put on the cover and let it come to a boil; stir and let stand in a hot place for fifteen minutes. Serve in demi-tasse cups. Etta Stebbins.

CRUST COFFEE.

Brown entire wheat bread until quite hard and crush with rolling-pin; place one-half cupful in coffee pot; pour over one pint of boiling water and boil five minutes. Add one pint of milk, let heat and add one tablespoonful of sugar. Let settle two or three minutes and pour.

Marion Davis, M. D.

ACORN COFFEE.

Acorn coffee is much used in Germany as a substitute for ordinary coffee. It is said to be strengthening to consumptive persons. Acorns

are very astringent in their raw state, but they lose this quality when roasted. Delicate children are benefitted by this method of preparing acorns. They are always gathered in autumn when they are ripe, shelled and cut into pieces the size of coffee berries when they are thoroughly dried in a cool oven. They are then roasted like ordinary coffee, until they become a cinnamon-brown. After roasting, the acorns are ground or pounded in a mortar, to prevent their becoming tough; a very little butter is added and the coffee is then placed in air-tight bottles. Prepare in the same way as ordinary coffee. JULIA DAVIS.

CHOCOLATE AS A HELTHFUL DRINK.

It is evident that the coming American is going to be less of a tea and coffee drinker and more of a cocoa and chocolate drinker. This is the natural result of a better knowledge of the laws of health and of the food value of a beverage which nourishes the body, while it stimulates the brain.

There are to-day many manufacturers of chocolate and cocoa. I am often asked which kind is the best. This is a hard question to answer, for all claim superior merit. For the benefit of my readers I copy below a paragraph which appeared in "The Medical World," in 1896. The source of the article led me to think that The Walter Baker & Co.'s chocolate and cocoa was pure, and ever since I have used it for both cooking and drinking purposes, and have found it to be excellent:

"Tea and coffee are stimulants; chocolate is a food, a delicious and nutritious food. Messrs. Walter Baker & Co., of Dorchester, Mass., have manufactured these preparations for over a hundred years; and prominent among their numerous claims of merit is that of absolute purity. The admixture of alkalies is prominent in Germany, but the above-mentioned American firm use no alkalies or other chemicals or dyes in their processes."

All chocolate and cocoa recipes contained herein, signed by Miss Parloa, have been tried by the above firm and pronounced perfect. I use them with their permission.

PLAIN CHOCOLATE.

For six people, use one quart of milk, two ounces of chocolate, one tablespoonful of corn-starch, three tablespoonfuls of sugar and two tablespoonfuls of hot water. Mix the corn-starch with one gill of the milk. Put the remainder of the milk on to heat in the double boiler. When the milk comes to the boiling point stir in the corn-starch and cook for ten

minutes. Have the chocolate cut in fine bits and put it in a small iron or granite-ware pan; add the sugar and water and place the pan over a hot fire. Stir constantly until the mixture is smooth and glossy. Add this to the hot milk, and beat the mixture with a whisk until it is frothy. Or the chocolate may be poured back and forth from the boiler to a pitcher, holding high the vessel from which you pour. This will give a thick froth. Serve at once. If you prefer not to have the chocolate thick omit the corn-starch. MARIA PARLOA.

CHOCOLATE MADE WITH CONDENSED MILK.

Follow the rule for plain chocolate, substituting water for the milk, and adding three tablespoonfuls of condensed milk when the chocolate is added. MISS PARLOA.

CHOCOLATE, VIENNA STYLE.

Use four ounces of vanilla chocolate, one quart of milk, three tablespoonfuls of hot water and one tablespoonful of sugar. Cut the chocolate in fine bits. Put the milk on the stove in the double boiler and when it has been heated to the boiling point, put the chocolate, sugar and water in a small iron or graniteware pan and stir over a hot fire until smooth and glossy. Stir this mixture into the hot milk and beat well with a whisk. Serve at once, putting a tablespoonful of whipped cream in each cup and then filling up with the chocolate. The plain chocolate may be used instead of the vanilla, but in that case use a teaspoonful of vanilla extract and three generous tablespoonfuls of sugar instead of one.

MARIA PARLOA.

COCOA.

Breakfast cocoa is powdered so fine that it can be dissolved by pouring boiling water on it. For this reason it is often prepared at the table. A small teaspoonful of the powder is put in the cup with a teaspoonful of sugar; on this is poured two-thirds of a cupful of boiling water and milk or cream is added to suit the individual taste. This is very convenient; but cocoa is not nearly so good when prepared in this manner as when it is boiled. For six cupfuls of cocoa use two tablespoonfuls of the powder, two tablespoonfuls of sugar, one-half pint of boiling water and one and one-half pints of milk. Put the milk on the stove in the double boiler. Put the cocoa and sugar in the boiler and gradually pour the hot water upon it, stirring all the time. Place the saucepan on the fire and stir until the contents boil. Let this mixture boil for five minutes; then add the boiling milk and serve. A gill of cream is a great addition to this cocoa. MISS PARLOA.

CHOCOLATE GLACÉ.

After making a glacé frosting (see Glacé Icings), dissolve one ounce of chocolate in a cup and put it with the frosting, adding also a tablespoonful of boiling water. MISS PARLOA.

POSTUM FOOD COFFEE.

(For Weak Stomachs.)

This is excellent for those who are troubled with weak stomachs. Can be found at all grocers. Directions for use are on each package.

NURSE.

ORANGEADE.

To two cupfuls of orange juice and the juice of two lemons add enough water and sugar to taste good; strain and serve with shaved ice.

MRS. C. V. WALDRON.

IMPERIAL DRINK.

Put one-half ounce of cream of tartar into a large pitcher which should be well heated first; add the sliced rind of a large lemon, one-quarter of a pound of lump sugar and three pints of boiling water. Cover closely and let the pitcher stand near the fire for an hour. Stir the liquid often while hot and when quite cold and clear pour off from the sediment.

P. B. M.

COCOA SHELLS.

These shells are very nutritious and free from the oil that both cocoa and chocolate contain. Take a heaping teacupful to a quart of boiling water. Boil them two hours. Scald milk as for coffee. If there is not time to boil shells long enough before breakfast, it is well to soak them over night and boil them in the same water in the morning.

AMANDA JOHNSON.

LEMONADE.

Lemonade should be made in the proportion of one lemon to each large goblet. Squeeze the lemons and take out any seeds. If you do not like the pulp strain the juice. Sweeten the drink well though that is a matter of taste. The pleasant tart taste should be preserved. Add water to the juice and when serving put cracked ice and a thin slice of lemon into each glass. E. J. C.

MILK SHAKE.

Fill a glass two-thirds full of milk; sweeten it to taste with any fruit syrup or with sugar and then flavor with vanilla or orange water. Fill up glass with cracked ice and shake together until well mixed.

ETTA STILLBERGER.

BUTTERMILK.

Buttermilk is an exceedingly wholesome drink, especially good for corpulent people and dyspeptics. If put into clean bottles and canned or sealed will keep for a long time. MINNIE MANN.

GRAPE BEVERAGE.

Two pounds of grapes, three tablespoonfuls of sugar, one cupful of water. Squeeze the grapes in a coarse cloth, to extract the juice; add the sugar, and when dissolved, the water, let stand for a few minutes on ice. Serve in glasses with shaved ice. Add more sugar if the grapes are tart. MRS. MINNIE MAYNARD.

GINGER LEMONADE.

Take one-half cupful of currant jelly, one-half cupful of sugar, two teaspoonfuls of ginger; stir well together, put in a quart pitcher and fill with ice water. If one wants it sweeter or sourer more of the ingredients may be put in. It is a cooling drink and almost as good as lemonade, some preferring it. MRS. C. R. THOMPSON.

ICED BUTTERMILK.

There is no healthier drink than buttermilk, but it must be fresh and rich to be good. It should be kept on ice and just before serving a little shaved ice put into each glass will improve it still more. C. I. MILTON.

A SUMMER DRINK.

Take one quart of cold water, three and one-fourth pounds of white sugar, one teaspoonful of oil of lemon, one tablespoonful of flour beaten up with the whites of five eggs; mix together. Divide the syrup and add four ounces of carbonate of soda to one-half, which put in a bottle. Then add three ounces of tartaric acid to the other one-half of the syrup and bottle it also. When a cool drink is wanted take two pint tumblers and placing a tablespoonful of syrup (one from each bottle) in each tumbler; fill each one half full of fresh cold water. Then pour both into one tumbler and it is ready. MRS. JANE HARDING.

EGG-NOG.

The yolk of an egg must be well beaten with one teaspoonful of sugar, a trifle of salt, two-thirds glassful of milk; one-half teaspoonful of rum and one of brandy. Lastly add the white of the egg well beaten and stir lightly. Add speck of nutmeg for flavoring. This will only make one tumblerful. MRS. A. M. GARLAND.

KOUMISS.

(Excellent for Invalids.)

One quart of new milk, two tablespoonfuls of sugar-syrup, one-half cupful of fresh buttermilk. Mix until the sugar dissolves. Let stand in a warm place ten hours, then pour from one dish into another until it is smooth and thick. Bottle and keep in a warm place for from twenty-four to twenty-eight hours. Cork the bottles and tie down or use the patent fasteners. Shake for a few minutes before using. INIS SMITH.

A REFRESHING SUMMER DRAUGHT.

Squeeze the juice of one lemon into one cupful of cold water, sweeten to taste. When well mixed put in one small teaspoonful of carbonate of soda; stir well, and drink while the mixture is in an effervescing state.

ANNA PERCIVAL.

RASPBERRY VINEGAR.

Fill a stone jar that is not glazed, with raspberries; pour vinegar over them till the jar is full. Let it stand nine days, stirring it every day. Strain it off and to every pint of juice add three-quarters of a pound of white sugar. Boil it as long as any scum rises, and bottle up for use. A dessert-spoonful of this in a glassful of water will prove a refreshing drink. MINA WESTER.

LEMON SYRUP.

A syrup that is nice for bottling for future use is made by boiling the juice from one dozen lemons till clear, with two pounds of white sugar to each pint. A pint of water should be added to the pulps, and this strained with the juice of the lemons. Boil ten minutes, stirring all the time. This makes a nice drink. MRS. M. HARPER.

CURRANT WATER.

Take one cupful of ripe crushed currants, mix with one-quarter of a pound of pulverized sugar and one-half pint of cold water. Pour the mixture through a fine sieve, add the juice of one lemon and one and one-half pints of cold water; mix thoroughly, strain again and set on ice till wanted. This is a nice, cool drink on a warm day and easily made in currant season. MISS C.

GRAPE JUICE.

Stew one-half gallon of ripe grapes in a quart of water. Strain through cheese-cloth. Add one cupful of sugar to each quart of juice. Boil twenty minutes, skim and seal up. CELESTIA VECK.

ACIDULATED ALKALI.

Blend thoroughly two ounces of carbonate of soda, two ounces of tartaric acid and one-quarter of a pound of powdered loaf sugar. Flavor with essence of lemon. Keep the mixture in a bottle, well corked. Stir a teacupful briskly into a tumbler three parts full of water and drink during effervescence. BEULAH TOWNSEND.

A SUMMER DRINK—No. 2.

Take one-half bottle of Hire's Extract, three cupfuls of sugar, one-half tablespoonful of ginger, one cent's worth of yeast, two and one-half gallons of water, or enough to make it lukewarm. Put the sugar and ginger in a bowl, pour boiling water on to dissolve. Then remove them to a large pan and add the rest of the water. Make it cool enough so that the extract and the yeast may be added. The yeast should have been dissolved in a cupful of warm water. Then bottle and let it stand a day before placing it on ice. MRS. MAGGIE BLACK.

ROMAN PUNCH.

Take five lemons, one quart of water, sweetened to taste. Freeze this. Take the white of an egg and whip to snow. Add sugar. Mix it thoroughly with the basis of the punch and add one-half pint of Jamaica rum and freeze. EDITH PENDLETON.

CHAMPAGNE PUNCH.

Take five lemons, one quart of water, well sweetened. Freeze. Add white of an egg whipped well, with sugar. Use one gill of brandy, one-half gill of Jamaica rum and one pint of champagne.

MARY C. THURSTON.

ORANGE PUNCH.

Dissolve one-quarter of a pound of loaf sugar in a pint of boiling water. Add the strained juice of a small lemon, a quarter of a pint of brandy, a quarter of a pint of orange wine and a quarter of a pint of rum. The punch may be taken either hot or cold, and if bottled and corked closely will keep for some time. MARGARET FULLER.

HOT BRANDY PUNCH.

One-fourth pint of Jamaica rum, one-half pint of brandy, one-quarter of a pound of sugar, one lemon and one pint of boiling water. Put the sugar into a punch bowl, add the lemon juice and mix well together. Pour over them the boiling water, add the rum and brandy; mix thoroughly and the punch will be ready to serve. Nutmeg may be added if desired.

F. A. E.

MULLED ALE.

Heat one quart of good ale with a little nutmeg; beat five eggs and mix them with a little cold ale; then pour the hot and cold ale back and forth several times to prevent its curdling; warm and stir it till sufficiently thick; add a glass brandy; strain and serve in tiny glasses. O. T. T.

LEMONADE À LA GRAPE JUICE.

Take a ten-pound basket of very ripe sweet grapes, stew well, strain and bottle immediately in patent-cork bottles. With two quarts sweet lemonade mix one small bottle of the juice and you have a rich, delicate, handsome and healthful drink. MINERVA FELT.

UNFERMENTED GRAPE JUICE.

Take any quantity of Concord grapes, after they get ripe and sweet; pick them from the stems, wash clean and cook until they are soft, then mash with potato masher. Strain through colander, then through a cloth or jelly bag; measure the juice and allow one-half pound of sugar to one quart of juice. Boil together, but not too long, or the flavor of the grapes will be destroyed; bottle and seal for use the next summer. Pour a small bottle of juice into a pitcher of lemonade or can be drank alone for invalids. RILLA C. JOHNSON.

HARVEST DRINK.

In pint pitcher put a tablespoonful of brandy, a tablespoonful of powdered sugar, one well-beaten egg; fill the pitcher with shaved ice until one-half full, then fill up pitcher with imported ginger ale; stand five minutes, when it is ready to drink. MRS. EMILY DEAN.

MILK SHERBET.

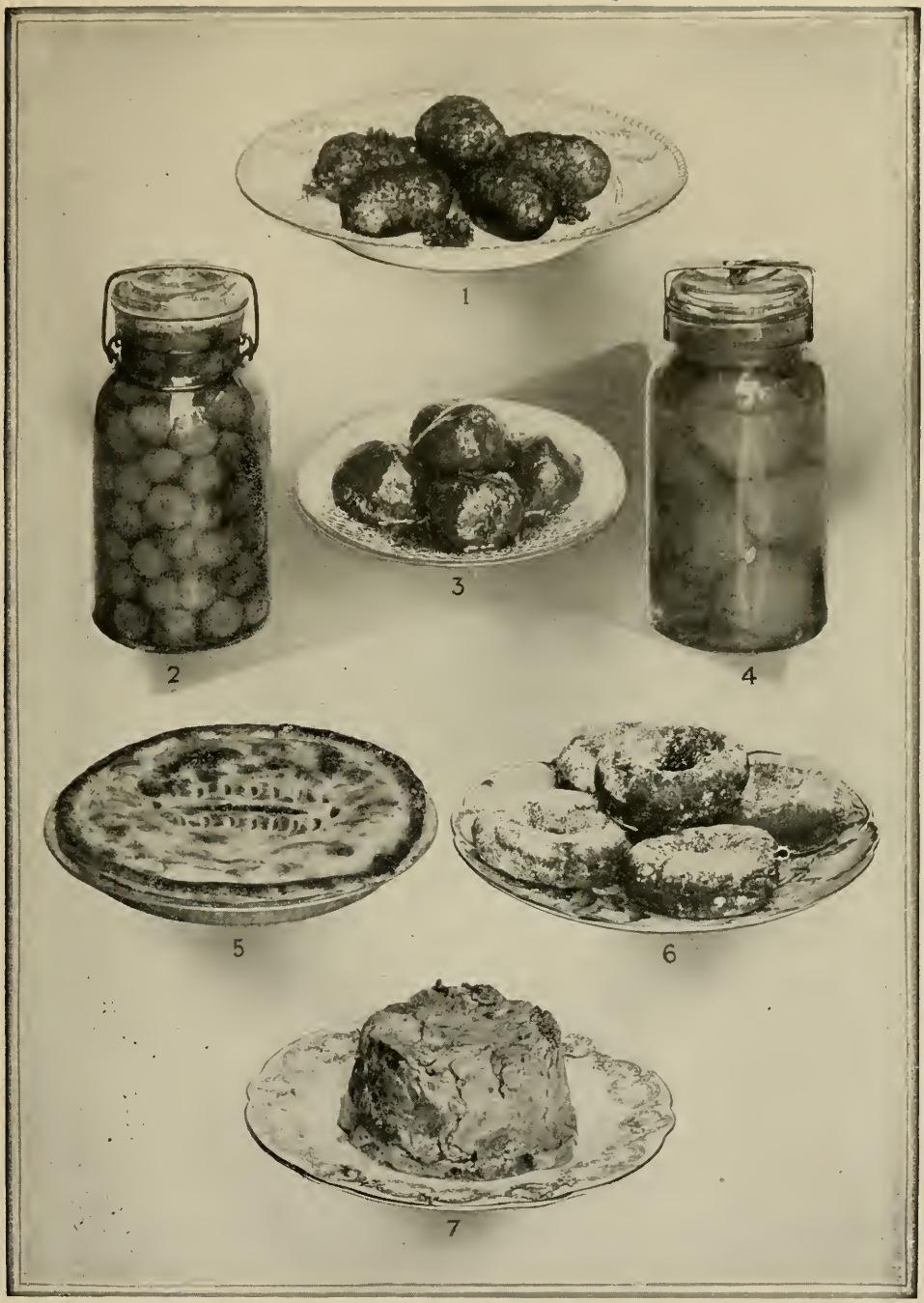
Juice of three lemons, rind of one, three cupfuls of sugar, one quart of milk; freeze and stir continually. HETTIE BLACKWELL.

PICNIC PUNCH.

Juice of two oranges, three cupfuls of strong sweet lemonade, one glassful champagne, one glassful of rum, the whipped whites of two eggs, one-half pound of white sugar, beaten with the eggs; use plenty of ice or freeze. MISS N. PEES.

RASPBERRY SHRUB.

Place raspberries in stone jar, cover with good cider vinegar, let stand over night; next morning strain and to one pint of juice add one pint of sugar; boil ten minutes; bottle while hot; use about one-half glassful of shrub to one-half glassful of pounded ice and cold water. Delicious drink for summer. MRS. JULIA HOWITT.



DELICIOUS RECIPES FROM NORTH—SOUTH—EAST—WEST

1. Texas Rice Croquettes. (See Page 437.)
2. Canned Cherries. (Wolverine Method.) (See Page 369.)
3. Pickled Peaches. (Delaware Recipe.) (See Page 378.)
4. Canned Peaches. (California Recipe.) (See page 370.)
5. New England Mince Pie. (See page 211.)
6. Iowa Doughnuts. (See Page 256.)
7. Montreal Boneless Turkey.

QUICK, SIMPLE, AND "NEVER FAIL" RECIPES

1. Creamed Oysters in Pâté Shells.
2. Cinderella Cakes for Boys and Girls. (See Page 258.)
3. Dandy Ohio Cake. (See Page 236.)
4. Dessert Surpassing Ice-cream. (See Page 297.)
5. Raspberry Bromangelon (Delicious.) (See Page 303.)

BLACKBERRY BRANDY.

Two quarts of blackberry juice, one and one-half pounds of sugar, one-half ounce of cinnamon, one-half ounce of grated nutmeg, one-fourth ounce of cloves, one ounce of allspice; boil a few moments; when cool add one pint of brandy; put into bottles and cork tightly.

MRS. T. M. BATTLE.

BLACKBERRY CORDIAL.

To one gallon of juice add two pounds of loaf sugar, one-half ounce of cloves, one ounce of nutmeg, cinnamon and allspice; boil twenty-five minutes; add one quart of brandy when cold. MARION MCNEIL.

SASSAFRAS MEAD.

Mix carefully one quart of boiling water and one and one-half pounds of light brown sugar; add to it one-half pint of good New Orleans molasses and one-eighth of a pound of tartaric acid. Stir well and when cool strain into a granite pitcher. When cool add a small one-half teaspoonful of essence of sassafras. Put in bottles, cork tightly with new corks and keep in a cool place. To make a glass of sassafras mead for drinking, put a large tablespoonful of the mead into a tumbler one-half full of ice-water, stir into it one-half teaspoonful of carbonate of soda and it will immediately foam to the top. The essence of sassafras and tartaric acid can be obtained at the druggist's. D. Z. BROOKS.

FRUIT NECTAR.

Remove the rind of three lemons, and put it in an earthenware jar with one pound of chopped raisins and one and one-half pounds of sugar. Pour over these ingredients two gallons of boiling water, let the liquid stand until cold, then add the strained juice of the lemons and leave it in a cool place for a week, stirring it every day. Strain it through a jelly bag until quite clear, and bottle. A. CARL.

WELSH NECTAR.

Cut the peel of three lemons very thin and put the rind into a jar with the strained juice, two pounds of loaf sugar and one pound of raisins stoned and chopped small. Pour upon them two gallons of water which has been boiled and allowed to cool. Stir daily for five days, strain through a jelly bag, bottle, and tie down the cork. It will be fit for use in ten days or a fortnight. A. DURM.

CHERRY NECTAR.

Take two quarts of cherries, stone and boil for one-half hour in a quart of water. Strain and boil the juice with one pound of sugar to each pint of juice for ten minutes; then put in the cherries and boil for twenty minutes more. Serve ice cold. LIDA M. SMITH.

RASPBERPY SHRUB—No. 2.

One quart of red or black raspberry juice, one-half pound of loaf sugar. Dissolve, then add one pint of Jamaica rum. Mix thoroughly and bottle. To make a glassful of raspberry shrub use one tablespoonful of the shrub, the same of sugar, and fill glass with ice-water. A. F. T.

VINEGARS.

For vinegars of all kinds see Department "Pickles, Sauces for Meats, Relishes," Etc.

HIRE'S ROOT-BEER.

A cooling, non-intoxicating and healthful drink for summer is Hire's Root-Beer. Procure a bottle of Hire's root-beer extract of your grocer and follow directions for making. See label on bottle.

BLACKBERRY WINE.

Gather the fruit when ripe, on a dry day. Mash the berries. Put into a vessel, with the head out, and a tap fitted near the bottom; pour on boiling water, one quart to each gallon of berries. Let them stand covered till the pulp rises to the top and forms a crust—about thirty-six hours. Then draw off the fluid into another vessel, and add two pounds of sugar to each gallon; mix well and put it into a crock to work ten days. When the working has ceased, bung it down; after six to twelve months bottle.

W. T. M.

CURRANT WINE.

Gather the currants when ripe, squeeze out the juice; to one gallon of the juice put two gallons of cold water and two spoonfuls of yeast; let ferment twenty-four hours; strain, and to every gallon of liquor add four pounds of loaf sugar, stir it well together, put it in a good cask; close up well and let stand till it looks clear, then bottle. D. E. P.

PRESERVES SPICED FRUITS JELLIES AND JAMS

FOR THE promotion of health and the saving of labor fruits for desserts far surpass pies and puddings. It is needless to say that fruits for preserving should be sound and the kettles used should be of granite or porcelain lined and the spoons used for stirring should be of granite or wood. The amount of sugar required depends upon circumstances. Our grandmothers used a pound of sugar to a pound of fruit—but then they used, too, the old-fashioned stone crock or open jar in which to store the fruit. Now, most preserves are put in sealed cans and only three-fourths of a pound of sugar is required to preserve fruit perfectly. Keep in a dark dry closet. If the closet is cool so much the better but always have it dry.

TO CLARIFY SUGAR.

To clarify sugar dissolve sugar in water in the proportion of one pound of sugar in a cupful of water; add to it the white of an egg and beat, put into a preserving kettle on the fire and stir with a granite spoon. When it boils up put in a little cold water; let boil again, take off and remove the scum; repeat until it is clear. J. T. C.

CRAB APPLES PRESERVED.

Select good sound ones and take the blows off the ends but leave on the stems. Then wash them and put into preserving kettle with plenty of water to cover. When boiling push them gently down so that they may be under the water all the time. When skin begins to crack, skim them out on a dish. Allow one and one-half pounds of sugar to each pint of juice letting boil fifteen to twenty minutes, skimming till clear. Then return the fruit to the juice, part at a time, and boil fifteen minutes. Then lift out the apples again on a dish and add the rest of the fruit to the juice, boiling them the same length of time. Fill cans with apples to the top. Boil down the juice that is left in the kettle about ten minutes and pour it over the fruit in the jars. Fasten up tight and set away.

If some of the fruit be grubby, cut out the grubs taking off stems and cook them in water enough to boil like apple sauce. Strain through a colander and put all back with juice in the kettle, adding sugar, pound for pound, cooking fifteen minutes and skimming constantly. Put the fruit in a jar and it makes a nice marmalade. MISS CLARA WHITE.

QUINCE PRESERVES.

Pare and core the fruit and boil till very tender. Make a syrup of a pound of sugar for each pound of the fruit and after removing all the scum boil the quinces in this syrup for one-half hour.

MRS. K. KNOWLES.

QUINCE AND APPLE PRESERVE.

Pare, core and quarter as many sour apples as desired to preserve in this manner; pare, core and separate into eighths one-fourth as may quinces. Make a syrup of one quart of water and three-fourths as much sugar in pounds as there are apples and quinces combined. Drop in the quinces first, let them cook thirty minutes, then add the apples and cook all together until tender and well preserved. Seal. W. T. J.

CANDIED QUINCES.

Select firm quinces, rub them over with a damp cloth, peel, core and cut each one into several pieces. The peels and cores should be tied in a muslin bag and boiled with the quinces. Place all in a preserving kettle on the stove, pour over them enough boiling water to nearly cover, and allow them to boil slowly until they are tender; then drain off the water and let cool. Weigh the quinces and allow an equal weight of sugar. When cold put them into glass jars in alternate layers, first sugar, then quinces, and so on, and seal. The juice in which they are boiled should be saved; add to it its weight in sugar and make into jelly. BLANCHE.

PINEAPPLE PRESERVES.

To every pound of fruit, weighed after being pared, allow one pound of loaf sugar and one-quarter of a pint of water. The pines should be perfectly sound, but ripe. Cut them into rather thick slices, as the fruit shrinks in boiling; pare off the rind carefully, that none of the pine be wasted, and in doing so notch it in and out, as the rind cannot be smoothly cut without great care. Dissolve a portion of the sugar in a preserving pan with one-quarter of a pint of water; when this is melted, gradually add the remainder of the sugar, and boil until it forms a clear

syrup, skimming well. As soon as this is done put in the pieces of pine and boil well for one-half hour, or until it looks very transparent. Put it into pots, cover down when cold and store away in a dry place.

Mrs. S. Ament.

CITRON PRESERVE.

Peel and seed with great care. Cut into pieces about three to four inches in size. Place citron over the fire in preserving kettle, after covering it with water. Cook until it can be pierced with a straw. Skim it out upon a platter and add sugar in proportion of one and one-half pounds to each pint of juice. (Two full coffee-cupfuls of sugar equal one pound.) Cook this juice until the scum quits rising. Then put citron back and boil till clear, over one hour. Take citron out and boil clear juice fifteen minutes. Slice into the juice three lemons to each four quarts of citron, boiling till the time is up: fifteen minutes. Use lemon peel and juice removing only the seeds. When you turn citron into the bottles make them *half full* of fruit and fill them up with the hot juice, fastening them up while hot. Put a spoon into each jar while putting in fruit and set a napkin wet in cold water under the jars while filling.

Annie R. White.

PRESERVED PEARS.

If the seckle pear can be obtained select that on account of its size and flavor but if not to be had then any other pear will answer. Pare off the peeling with a thin knife so as not to waste the fruit. If a seckle leave it whole; if another variety, separate it in halves. Make a syrup of sugar and water, using three-fourths of a pound of sugar to every pound of fruit to be preserved and one cupful of water to a pound of sugar. Drop in the fruit and carefully cook. Just before taking from the stove drop in a few whole cloves, about two to every pear. Cloves are a great addition as they help bring out the flavor of the pear. Mrs. R. A.

TO PRESERVE WATERMELON RIND.

Same as Citron.

TO PRESERVE BERRIES WHOLE.

Take the fruit when not over-ripe, pick over carefully, wash and put in glass jars, filling each one about three-fourths full. Make a syrup of a pound of granulated sugar and one cupful of water for every one and one-half pounds of fruit and let it boil slowly fifteen minutes. Pour syrup into the jars over the berries, filling them up to the top; then set the jars in a boiler of *cold* water with a generous amount of straw or excelsior in the

bottom of the boiler to prevent the cans from falling against each other. Place on the stove and let the water boil until the fruit becomes scalding hot; add more syrup as the fruit settles. Now take out of the cans and seal tight. If these directions are followed the fruit will keep for years.

MRS. A. PETERS.

PRESERVED CHERRIES.

Select the large cherries, remove the stems and stone them carefully. To each pound of sugar allow one pound of cherries. Put fruit in granite pan and pour over them the sugar. Stir up and let stand over night to candy. In the morning put all into the preserving pan, place on the stove and boil gently until the cherries look clear, skimming off the scum as it rises. When the cherries have become quite clear, remove the pan from the stove and seal. Keep in dry dark closet. THERESA HARRINGTON.

PRESERVED EGG PLUMS.

Take two pounds of sugar for every three pounds of plums; wash the plums and drain; put the sugar on a slow fire in the preserving kettle, with as much water as it will melt and let simmer slowly; prick each plum with a needle and place in cans and in boiler of cold water (see How to Preserve Berries Whole), pour over the syrup and cook till the skins break and you feel they are thoroughly heated. As they settle add more syrup. Seal while hot. D. HALL.

CALIFORNIA PRESERVED PRUNES.

Wash four pounds of prunes and place in a granite pan over the fire with enough water to cover; set the pan over a slow fire and cook slowly until the fruit is tender, then remove, and pass through a sieve. To each pound of the pulp add three-fourths of a pound of sugar; make a syrup of the sugar with a little water and add the pulp. Boil for fifteen minutes. Seal. MINERVA ALLISON.

PRESERVED NECTARINES.

(Florida Recipe.)

Pare, halve, stone and weigh the nectarines. Steam till tender. Make a syrup of three-fourths of a pound of sugar to every pound of fruit. Put sugar in granite pan, add just enough water to dissolve it and let slowly come to a boil. Add the fruit. Let come to a boil and with wooden spoon turn over the fruit. Put on top of stove and simmer slowly two hours. Set away to cool. Next day heat up syrup again to boiling point, add the fruit and when thoroughly heated seal. JULIA J.

PRESERVED PEACHES.

Select the yellow red-cheeked ones if possible (skin same as tomatoes, by pouring on boiling water then thrusting them in cold water and separate in halves). Proceed as for preserved cherries only using three-fourths of a pound of sugar to every pound of fruit. MINERVA GOSS.

SUN PRESERVED GOOSEBERRIES.

Put into a quart pan six pounds of gooseberries with two pounds of sugar sprinkled over them and set the pan on the fire. Stir carefully; when the juice commences to come out take off the pan. Repeat this process for two days more; the second and third day add one pound of sugar, then take the gooseberries out of the syrup. Place on platters, boil the syrup till thick and pour over the fruit; place them to dry in the sun. In two days seal. MISS C.

PRESERVED RED GOOSEBERRIES.

They must not be picked until they are fully ripe. For each quart of the fruit take one-quarter of a pound of sugar and one gill of water. Boil together until a thick syrup, then put in the fruit and boil gently for fifteen minutes. Next put them into small stone jars. When cold, cover them close. Keep them for making tarts or pies. CANDACE G.

FIG CONSERVE.

Figs preserved with lemon juice and ginger, pickled and spiced, make a delicious conserve. If the dried fruit is used the figs should be steamed first. F. E. P.

TOMATO PRESERVES.

Take as many sound red or yellow, plum-shaped tomatoes as desired to preserve, and weigh them. Wash and prick with a needle to prevent their bursting. Put the same number of pounds of sugar as of tomatoes over them. Let them stand over night. Next morning add enough water to cover them. Boil slowly until the fruit is clear and syrup is almost jellied. Before taking up add to each pound one lemon sliced.

LEONE DICKERSON.

TOMATO FIGS.

Select small-sized, ripe tomatoes, either the red or yellow; scald and peal. To nine pounds of tomatoes add four pounds of brown sugar; cook slowly in the sugar without water till they are thoroughly preserved; then take out, spread on plates and dry in the sun. Pack them in layers with sugar sprinkled between. TILLIE BARKER.

GINGER PEARS.

Six pounds of sugar, eight pounds of pears pared, one pint of water one-eighth of a pound of preserved ginger, grated peels of two lemons with the juice of one. Boil four hours. R. MATTISON.

PRESERVED PIPPINS.

Twelve pounds of apples pared, cored and quartered, six pounds of sugar, one quart of water; make syrup of sugar and water; drop apples in this syrup and cook until tender; cloves and lemon peel may be added; stew till clear and seal. AMY COLLINS.

CONSERVE OF ROSES.

Gather each morning the roses which blossomed the day before, and after picking out the insects, stems, and calixes, throw the leaves into a jar with layers of powdered loaf or crushed sugar; do this while the roses last, crowd the jar full, and cover it very close. A very nice article is thus made to put into cakes, puddings, etc. H. E. S.

SUN PRESERVED STRAWBERRIES.

(Excellent.)

For every pound of fruit use a pound of sugar. Put the berries with sugar over the fire in a granite kettle, bring to a boil slowly. Turn over with wooden spoon. Cook one hour carefully. Take them out carefully with a skimmer. Put on platters; boil the juice a few minutes longer and pour over the fruit. Put in sun to dry, cover with netting during day and oilcloth at night. In a couple of days they will be ready to seal.

IONE.

STRAWBERRIES PRESERVED IN THE USUAL WAY.

Follow directions as above, only instead of putting in sun to dry seal while hot. IONE.

PRESERVED GRAPES.

Select grapes that are fresh, ripe and sound. Pick off the stalks and weigh. To every pound of grapes allow three-fourths of a pound of sugar. Squeeze the pulp out of the skins in one bowl, putting the skins into another. Put the pulp into a granite pan and heat sufficiently so as to pass through a sieve, rejecting the stones; make syrup of the sugar adding just enough water to dissolve it. Put the pulp of the grapes into it and boil for five minutes, then let it cool, and seal. ALICE HARPER.

PRESERVED LEMONS.

Select moderately thick-skinned lemons, cut into halves and with a glass lemon-squeezer abstract the juice and save. Scrape out all the pulp throwing it away. Slice the peels in circles. Put them in cold water, leaving them for a day, changing the water four times, then put them into a saucepan with more cold water and boil slowly until tender. Prepare a syrup, using about two pounds of sugar and one pint of water to each pound of peel, adding the juice of one lemon to every pound of fruit. Skim and let cool. Now put in the peels and boil for one-half hour. Seal.

MINNIE RUSH.

CURRANT COMPÔTE FOR WINTER USE.

Pick red currants from their stems, wash, drain and put one-half of them into a preserve dish. Press out the juice from the other one-half; mix in as much sugar as will be required to make a syrup, keeping it hot till the sugar is dissolved. When slightly cooled stir in the whole currants. Heat and seal. CATERER.

PRESERVED ORANGE PEEL.

Weigh the fruit before paring and allow sugar, pound for pound. Peel the oranges very carefully and cut the rind into narrow shreds. Boil until tender, changing the water twice and filling up with hot from the kettle. Squeeze the strained juice of the orange over the sugar. Let this heat to a boil, put in the shreds and boil twenty minutes. Lemons can be done in the same manner. MRS. J. A. HAYDEN.

LEMON BUTTER.

Three cupfuls of sugar, whites of three eggs and yolk of one, beaten; one and one-half cupfuls of butter; grate the yellow off of four lemons; then squeeze in the juice and cook twenty minutes in double boiler. Put in jar. MINA PARISH.

APPLE BUTTER.

Fill a preserving pan with apples that have been peeled, quartered and cored. Add a slight flavoring of cloves, allspice and cinnamon. Cover with good cider, and boil slowly, stirring from time to time with a wooden spoon until the whole becomes a dark-brown jam, with only juice sufficient to keep it soft and buttery. Remove it from the fire and place in well-covered jars and in a few weeks it will be ready for use. It makes an excellent substitute for butter and is very wholesome for children.

 MRS. HENRY SPECHT.

PLUM BUTTER.

Select sound plums, scald till they crack open. When cool put through a colander; measure the pulp and add three-fourths of a pound of sugar to each quart of pulp. Season with any spice desired. Boil well two hours. A. SCHEMER.

PEACH BUTTER.

Pare ripe peaches, remove stones and put peaches in a kettle with sufficient water to boil them soft, then put through a colander. To each quart of pulp add one and one-half pounds of granulated sugar. Boil very slowly one hour. Stir often so they will not burn. When done season slightly with cloves, allspice and cinnamon. T. BENEDICT.

CHERRY BUTTER.

(Fine.)

Wash and stem the cherries, boil until soft, then rub through a colander; to each pint of pulp add a pint of sugar; boil until thick; can or keep in closely covered jars. MRS. C. PRESTON.

CURRANT SYRUP.

(For Flavoring and Coloring.)

Place the required quantity of fresh, ripe, red currants in a granite bowl and mash them with a wooden masher; cover the bowl and let stand for three hours. Strain through a woolen bag, measure juice and put into a granite boiler with a pint of sugar to each pint of juice. Boil until reduced to a clear syrup keeping it well skimmed; then take off the fire and leave until cold. Pour into small bottles and pour on top of each bottle a little oil, to preserve it. Put bottles in an upright position in a dry cupboard. MINNIE.

RASPBERRY SYRUP.

(For Flavoring and Coloring.)

Put as many quarts of raspberries into a granite saucepan as desired, press gently, sprinkle with little sugar and let remain a good half day. Pass the juice through a muslin bag, measure, and pour it into a preserving kettle and to each cupful of the juice add four ounces of sugar; boil until the juice commences to thicken, skimming frequently. Let cool and then put into bottles. Cork and seal; let stand in a dry place until wanted. ALICE YEOMANS.

STRAWBERRY SYRUP.

(For Flavoring and Coloring.)

Put five quarts of clean ripe strawberries into a bowl, pour over them five quarts of cold water in which two ounces of tartaric acid have been mixed and let stand over night. Strain off the juice through a muslin

bag and for each pint use one pound of loaf sugar. Boil ten minutes, skim frequently and pour the syrup into bottles, cork and dip the nozzle in melted paraffine. Keep in a dry tight cupboard. TILLIE CARY.

SYRUP OF LEMONS.

(For Flavoring.)

Clarify three pounds of lump sugar, then pour into this syrup while at weak candy height and boiling, the juice of eighteen lemons and the peel of three, grated. Boil together four minutes, strain through fine muslin and bottle. When it is cold, cork for future use. This syrup is now ready for lemonade, punches, ices, jellies, etc.

MRS. MARIA WOODHOUSE.

PRESERVED FRUIT JUICE.

If put up in the following manner the juice of any fruit may be kept for flavorings by putting it in glass cans and sealing it. Mash the fruit, strain through a muslin bag and press so as to extract as much of the juice as possible. Put it in a pan with one and one-half pounds of sugar to each pint. Fill glass cans with the syrup, cover them and set in cold water and boil for one-half hour. Leave the jars in the water until cool, then seal. MISS J. WOODHULL.

CURRANT JAM.

Wash, stem and mash red or white currants. Use one pound of sugar to one pound of fruit. Put the fruit and one-fourth of the sugar into a granite kettle; stir and when it boils add balance of sugar. Let it boil till very thick. Putting in only a little sugar at a time prevents the currants from becoming hard. LETTIE SPRAGUE.

DATE JAM.

To every pound of dates, use one-half the quantity of sugar and one cupful of water. Remove the stones, put over the fire and cook until thick. Place in deep glasses. Stir so as to prevent burning.

PEARL WEEKS.

ORANGE JAM.

Slice one dozen oranges, remove seeds and let stand over night in three quarts of water. Add six pounds of sugar. Boil till thick. Seal.

MISS J. C. HIGBIE.

RAISIN JAM.

Wash and seed one pound of raisins; put them on to cook with one-half pound of sugar and one cupful of water. Cook until thick. Nutmeg may be added if desired. MAY SOMERS.

JAM OF GREEN GAGES.

Put ripe green gages into a kettle with very little water and let them stew until soft, then rub them through a sieve or colander, and to every pint of pulp put one pound of white sugar powdered fine; then put it in a preserving kettle over the fire, stir it until the whole is of the consistency of jelly, then take it off; put the jam into small jars or tumblers, and cover as directed for jelly. Any sort of plums may be done in this manner.

MRS. SOPHIA DOTY.

STRAWBERRY JAM.

Mash the strawberries and for each cupful of berries allow a cupful of sugar. Boil one-half hour and seal in jars. LIZZIE.

FIG JAM.

Take two pounds of figs, chop fine and cook with one pound of sugar and two cupfuls of water until thick; place in glasses and seal.

MRS. GRACE CARPENTER.

DAMSON JAM.

This is a fine jam for winter use, in tarts, roly-polys, etc. Gather the fruit on a dry, hot day. Pick over with great care, rejecting all that is blemished. Stone the fruit, weigh it, and allow three-quarters of a pound of loaf sugar to every pound of damsons. Place the fruit and sugar in preserving kettle (porcelain lined). Stir gently until the sugar is thoroughly dissolved and carefully skim. After it commences to simmer all over alike boil it one hour. Stir it continually, as it sticks and burns quicker than most fruits, and that will give the jam a bitter flavor. When the jam is firm and the juice is set, it is done. Remove from the fire, put into small jars, cover it down, when quite cold, with oiled papers, and store it away in a dry place. LOTTIE MCPHELAN.

GREEN RHUBARB JAM.

Take one and one-half pounds of green rhubarb, one pound of loaf sugar, the thin rind of one-half of a large lemon, one-quarter of an ounce of bitter almonds and a little ginger. Wipe the rhubarb quite dry, cut it in pieces two inches long and put it into a preserving pan with the sugar broken small; the rind of the lemon must be cut very fine and the almonds blanched and divided. Boil the whole well together, stirring and skimming frequently, and when nearly done stir in the ginger. Young rhubarb will take about three-quarters of an hour but if old it must be boiled one and one-half hours. This preserve should be of a green color and will be found a very good substitute for greengage jam, resembling it very closely. FANNY RICE.

GRAPE JAM.

Pulp the grapes. Put pulps on over the fire; use no water. After they begin to boil let them continue to boil gently one-half hour. Then strain them through a fine colander, so as to remove all the seeds. Then put pulps and skins into the kettle, adding two pounds of sugar to each three pounds of fruit. Cook this one hour, skimming constantly. Then fill the jars full, as for citron, never forgetting the rubbers.

MARY CORDINGLY.

RIPE RHUBARB JAM.

Select fresh red rhubarb. The color red shows that it has grown in the sun and is much finer; cut in pieces one inch long, take sugar pound for pound. Cook together and let stand all night. In the morning pour off the syrup and boil it until it begins to thicken. Put in the rhubarb and heat. Ready for use. ALICE MCCARTY.

Jellies.

HOW TO MAKE MOST KINDS OF JELLY.

Place the fruit, currants, grapes, etc., in a porcelain kettle with just enough water to prevent burning. When thoroughly scalded strain through a flannel bag, using as much sugar as juice by measurement, place juice on stove alone and boil ten minutes. Add the sugar and boil ten minutes longer. Pour into small dishes. Cover with buttered writing paper and tie down with heavy paper, or instead of the buttered paper melted paraffine may be used. CAROLINE.

APPLE JELLY.

Select sound, red, fine-flavored apples not too ripe; wash, wipe and core; place in a granite kettle cover with water and let cook slowly until the apples look red. Pour into a muslin bag and drain; return juice to a clean kettle and boil one-half hour; skim. Now measure and to every pint of juice allow a pound of sugar; boil quickly for ten minutes. Red apples will give jelly the color of wine while that from light fruit will be like amber. MARGARET MCNOLTY.

GREEN GRAPE JELLY.

Select grapes that are just beginning to turn. Pick off the stems and wash in cold water. Now add one cupful of water to nine pounds of fruit. Stew until soft. Strain without squeezing through a muslin bag.

Return to fire, let come to a boil and skim. To every cupful of juice add a cupful of sugar; boil twenty minutes; pour into glasses.

MRS. T. WINCHESTER.

RIPE GRAPE JELLY.

Take ripe (but not too ripe) grapes, put them into a saucepan and bruise them gently until the juice flows freely. Strain, without squeezing them, two or three times through muslin and, when clear, boil the juice rapidly for twenty minutes. Add a pound of loaf sugar to each pound of juice and boil till a little put on a plate will set. Put the jelly into jars and cover with buttered paper and afterwards with writing paper.

LULU BAILEY.

GREENING JELLY.

Take greening apples, wash, quarter and core, but do not pare them. Cook until soft with one tumblerful of water in a granite pan; then put the apples in flannel bag and suspend over earthen dish and let drain several hours but do not squeeze. To one pint of juice add one pound of sugar; boil twenty minutes; then pour into jelly glasses. MAMIE BETTS.

ASTRAKHAN JELLY.

Fill a two-quart granite dish with alternate layers of pared and sliced apples and sugar. Bake three hours, closely covered. This is delicious and should turn out a solid pink jelly. MISS LILLIE WHEELER.

QUINCE JELLY.

Do not pare but polish quinces smooth with a flannel cloth. Cut in small pieces, core and put all in a kettle. Pour over cold water to cover and boil until soft. Pour all into a flannel bag and hang up to drain carefully, pressing occasionally to make the juice run more freely. To one pint of the juice add three-fourths of a pound of sugar and boil fifteen minutes. Pour into tumblers. ELSIE MACKENZIE.

QUINCE AND APPLE JELLY.

Tart apples to which have been added the cores and paring of quinces make a delightful jelly. Make as apple jelly. MARGARET MCNOLTY.

RED PEPPER JELLY.

Chop ripe red peppers and place in a granite pan and set in a kettle of cold water over a hot fire. Let boil until the juice is entirely extracted. To every pint of juice allow a pound of sugar and boil until it thickens. Put in small tumblers. Fine for cold meats. LULU JENKINS.

ASPIC JELLY.

Put a knuckle-bone of veal, a knuckle-bone of ham, a calf's foot, four cloves, stuck into one large onion, one large carrot and a bunch of savory herbs, into two quarts of water, and boil gently until it is reduced rather more than one-half. Strain and put aside to cool. Carefully remove every particle of fat or sediment, and place the jelly in a saucepan with a glass of white wine, a tablespoonful of best cider vinegar, salt and pepper to taste, and the whites of two eggs. Keep stirring until it nearly boils, which may be known by its becoming white, then draw it to the side of the fire and simmer gently for one-quarter of an hour. Put on the cover, let it stand to settle, and strain through a jelly bag two or three times if necessary, until it is quite clear. Put it into a mold which has been soaked in cold water. MRS. KATE BULLARD.

ICELAND MOSS JELLY FOR INVALIDS.

Wash four ounces of Iceland moss in warm water and having drained it set it over the fire in a quart of cold water. Stir until it boils, when it should be covered up and allowed to simmer for an hour. Add four ounces of sugar, a gill of sherry, the juice of two lemons, the rind of one-half of a lemon and the white of an egg whisked with one-half gill of cold water; stir the jelly until it boils and strain through a flannel bag. This moss is efficacious in cases of debility and chest complaints, but its bitter taste renders it disagreeable to some. L. IRISH.

ORANGE JELLY.

Use the juice and rind of two oranges, one-half teacupful of sugar, enough water to dissolve one and one-half teaspoonfuls of gelatine. Boil ten minutes. Spread between the layers and frost the top if desired.

NANNIE.

CRANBERRY JELLY.

Place in granite saucepan one quart of cranberries and one cupful of water. Cook until soft and turn into flannel bag and let drain over night. In the morning measure the juice and allow an equal measure of sugar. Boil twenty minutes and turn into glasses. MISS MCPHERSON.

RASPBERRY JELLY.

Heat and strain as above. To each pint of juice allow one pint of sugar. Put the juice and sugar into a granite kettle, place over the fire and boil until it thickens, when a little is poured on a plate; carefully remove scum as it rises, pour the jelly into small glasses, cover and keep in a dry place. AMANDA.

PLUM JELLY.

(Wild or Cultivated.)

Take plums not too ripe, put in a granite pan and set in a pan of water over the fire. Let the water boil gently till all the juice has come from the fruit, strain through a flannel bag and boil with an equal weight of sugar twenty minutes. MRS. RILEY CARTER.

CURRANT JELLY.

Currants for jelly should not be over ripe. Put them into a granite pan and set in a kettle of hot water over the fire; keep the water boiling until the currants are all broken. Then drain. To each pint of juice allow one pound of sugar. Boil about twenty minutes. Pour into jelly glasses and seal when cool. MISS R. P. PERRY.

CRAB-APPLE JELLY.

Select juicy apples. Mealy ones are no good. Wash and quarter and put into a preserving kettle over the fire with a teacupful of water. If necessary add more water as it evaporates. When boiled to a pulp strain the apples through a flannel bag, then proceed as for other jelly.

F. E. C.

PEACH JELLY.

Pare the peaches, remove about one-half the pits. Place in a kettle with enough water to cover. Stir until the fruit is well cooked, then strain, and to every pint of the juice add the juice of one-half of a lemon; measure again, allowing a pound of sugar to each pint of juice. Boil and put up in the usual way. TILLIE BUCKMAN.

ORANGE JELLY.

Grate the rind of six oranges and three lemons into a granite kettle. Now squeeze in the juice, add one cupful of water and one-half pound of sugar to each pint of juice; boil all together until a rich syrup is formed. Have ready one ounce of gelatine dissolved in a pint of warm water, now add the syrup, strain the jelly and pour into glasses. MARY T.

Marmalades.

RHUBARB MARMALADE.

To every two pounds of rhubarb add one and one-fourth pounds of sugar, and one lemon cut into small pieces. Boil well together until quite thick. Put in glasses and cover like jelly. W. T. M.

ORANGE MARMALADE.

Cut two dozen oranges in halves, crosswise. With a glass lemon-squeezer extract the juice. Dig out the pulp and seeds, throwing them away. Soak the peelings over night in salt and water. In the morning rinse and boil peelings in clear water until tender, then chop and add juice. Weigh and add equal quantity of sugar. Let boil thirty minutes. Put in jelly tumblers and cover as you do jelly. HILDA.

TOMATO MARMALADE.

Remove the skins from a peck of tomatoes, slicing them as for the table. Put them into a kettle, with a pint of sugar, and spice to taste. Cook slowly till they are quite thick. Put them in a jar and pour over a little vinegar. This is a nice relish with meat. MRS. JANE HUBBARD.

LEMON MARMALADE.

Peel as many lemons as you wish and take out every seed. Boil the peel until very soft, add juice and pulp, with a pound of sugar to a pound of lemons. Boil until thick and bottle. MRS. PARKER.

GRAPE MARMALADE.

Take sound grapes, heat and remove the seeds, then measure, and allow measure for measure of fruit and sugar. Place all together in a preserving kettle and boil slowly twenty-five minutes; add the juice of one lemon to every quart of fruit. Set away in jelly glasses.

C. MARION TULLEY.

ORANGE MARMALADE—No. 2.

This delicious preserve, which requires the greatest care in preparation, is made chiefly of sweet oranges, when they are plentiful and in the best condition. Pare the outer rind from four oranges for every dozen pulped, and cut the rind up into small chips; scoop out the pulp, free from seeds, and the white inner skin, weigh the pulp and rind together before you put them into the preserving pan and have ready heated equal weight of loaf sugar; let the pulp and peel boil one-half hour, or till the chips are tender, then add the sugar and let it boil fifteen minutes longer; then fill the marmalade pots. MRS. D. DAY.

APRICOT MARMALADE.

Peel, quarter and stone four pounds of ripe apricots and put them into a preserving pan with neither water nor sugar; boil gently, stirring continually, until the fruit is reduced to a pulp. Then add three pounds of sugar, and a few of the kernels blanched and halved, and boil once

more. Put into jars, cover the fruit with an oiled paper and fasten over each jar a piece of thin paper dipped in gum water. When dry it will be light and hard. It should boil with the sugar, twenty minutes.

Mrs. A. Place.

ASTRAKHAN MARMALADE.

Peel one dozen apples into small bits; put a piece of butter in a saucepan, with a small stick of cinnamon, the peel of a lemon, one-fourth of a pound of sugar and one-half cupful of water. Cover and cook for twenty-five minutes, watching that it does not burn; when dry take out the cinnamon and lemon peel and beat thoroughly with a spoon to have it smooth, doing this on the hot fire so the apples thicken more and more until perfectly firm. Pour into glasses and cover. Ione.

MIXED MARMALADE.

(Unsurpassed.)

Take equal quantities of white apples, yellow pears and white plums; pare and cut in small bits, stew in a little water till tender, then strain through a hair sieve. Now weigh the pulp and add to it, its own weight in sugar. Put on the stove and cook carefully three hours in a thick-lined granite kettle. Stir often the first two hours and continually the last hour. It is hard to make because it is easily burned but it always pays for the trouble. When thick turn into shallow pans and tie down. When desired for use slice off in slices and put on plate like cheese. Hilda.

SPICED PLUMS.

Four pounds of plums, two pounds of sugar, one tablespoonful each of cloves, cinnamon, mace and allspice; stone the plums, then put all ingredients into a preserving kettle; cover with vinegar; boil until tender.

Mrs. Leone Hall.

SPICED PEACHES.

To nine pounds of peaches add five pounds of sugar and a pint of vinegar. Stick one clove into each peach, prick with a fork and stew until tender. Lay in a jar and pour over them the boiling syrup. Let them stand twenty-four hours, pour off the syrup, scald and pour again over the fruit. Seal in cans. Amy Curtis.

SPICED TOMATOES.

Take sound, ripe tomatoes; peel them; cut them through the center across the cells; remove the seeds with a sharp-pointed knife into one dish and put the fleshy halves into a colander cells down, to drain. For twelve

pounds of prepared fruit, put into a porcelain kettle one quart of best cider vinegar, three pounds of brown sugar, one ounce each of whole cloves, whole allspice and broken cinnamon. Put in also the juice drained from the tomatoes and as much of the pulp as may be separated from the seeds through a fine sieve. Let them come to a boil; then add all, or all by parts, of the tomatoes—according to the size of the kettle—and let them boil just five minutes. Skim them out into a common stone crock, then boil the syrup down to a richness and turn it on the fruit in the crock. Let it cool, and set it away for use. It will be very good, but not so nice, without removing the seeds, which is the most troublesome part of the work. MRS. M. GRANT.

SPICED CURRANTS.

Wash and pick five pounds of red currants, add two tablespoonfuls of allspice, three pounds of granulated sugar, one pint of cider vinegar and one tablespoonful of powdered cloves and one tablespoonful of cinnamon. Stew gently for three hours. R. EATON.

SPICED GOOSEBERRIES.

Four quarts of gooseberries, three pounds of brown sugar, one pint of cider vinegar, one teaspoonful each of ground cinnamon, cloves and nutmeg. Boil rather slowly until fruit is thoroughly cooked. Seal.

C. M. M.

CANNED FRUITS and VEGETABLES

THERE are many methods to pursue in canning fruit. The main point is to see that the fruit is sound and of a good flavor; that the cans are sweet and the rubbers neither dry nor brittle and finally that the tops are screwed down air-tight. A good way to test the latter is to turn the can after it is filled bottom-side up to cool. If no juice escapes, you can feel sure that it is air-tight.

A-1 METHOD OF CANNING FRUIT.

I give herewith the best method I have in my long experience ever known in canning fruit. It is not a new method but the "tried and not found wanting," is the best guide to follow, whether in canning fruit or in doing anything else in life. Make a syrup of one-half pound of granulated sugar and one-half cupful of water for every pound of fruit (less sugar may be used, if desired). Put the sugar in a granite kettle, pour on the water and let it dissolve. When dissolved put on the stove and boil slowly ten minutes. Watch to see that it does not burn. (If it needs clarifying see method on first page of "Preserved Fruits.") Now, while the sugar is being syruped get the fruit ready. First wash thoroughly the cans, rubbers and tops, fill the cans with the fruit within three inches of the top and stand them in the boiler leaving off the tops, putting on the bottom of the boiler some straw, excelsior or old cloths, so as to avoid the cans tumbling against each other and spilling their contents; then fill the boiler with cold water up to within one-quarter of the top of the cans. Now set on the stove and let the fruit gradually heat, putting in from time to time the amount of syrup allowed for each pound of fruit. Let water in boiler come to a boil and then cook until the fruit is thoroughly heated. Fill to top with syrup. Screw on the top and take boiler off the stove and let stand till nearly cold, then turn cans bottom-side up to see that no juice escapes. If none, the cans are air-tight and the fruit will be perfect and as nice in five years as in six months. Try it.

MRS. MARY CLARK.

METHOD FOR CANNING VARIOUS FRUITS.

The simplest and most satisfactory cans to use are of glass, with glass or granite top. Fill them by means of a funnel, just fitting into the neck

of the jar, so that no fruit will be wasted. The fruit should be perfectly fresh and sound and carefully picked over so that no ill flavor will impair its quality. The following formula is simple:

	Time Boiling Minutes.	Sugar to Quart Ounces.		Time Boiling Minutes.	Sugar to Quart Ounces.
Cherries	5	6	Pears, halved	20	8
Raspberries	6	4	Pineapple, sliced	15	6
Blackberries	6	6	Ripe currants	6	8
Plums	10	½ lb.	Grapes	10	8
Whortleberries	5	¼ lb.	Tomatoes	20	0
Peaches, whole	15	4	Gooseberries	8	8
Peaches, halved	8	4	Quinces, sliced	15	10
Pears, whole	30	4 to 6			

In canning peaches, if two or three are put in without removing the pits, a bitter almond flavor will pervade the whole can.

Place a very wet hot cloth in the pan; set the jar on this, having rinsed them first in hot and then in cold water, place in it a silver spoon, put in the funnel and a cupful of syrup, then fill with fruit to the top. Remove the spoon and set the jar where no draft of air can strike it. Cover the fruit with syrup. In ten or fifteen minutes the contents of the jar will have cooled and settled some, and they will be ready to seal. Fill to the top with syrup or hot water; put on the top. When the jars are cold the top should be tightened again and set away in a cool, dark place. Some put a circular piece of paper on top of the jar before putting the cover on and think this prevents the mold that sometimes forms over the fruit. But if the cans stand till partially cool, and are then filled before being sealed, no mold will form. JULIA STEVENSON.

WOLVERINE METHOD OF CANNING STRAWBERRIES.

It is generally conceded that strawberries are the hardest fruit to keep we have. I suppose it is due to the amount of acid they contain and the season of the year in which they ripen. My method has never failed me. Try it:

Select sound, fresh berries. Pick them over carefully and if necessary wash, but drain thoroughly and put them at once in the preserve kettle. To each pound of fruit add three-fourths of a pound of sugar; let them stand two or three hours, till the juice is drawn from them; pour the juice into the kettle and let them come to a boil, removing the scum which rises; now put in the berries; thoroughly scald, yes, even boil ten minutes,

then put them in hot jars and seal while boiling hot. Turn can bottom-side up; if no juice escapes they will keep well. MARY BORNES.

CANNED RASPBERRIES.

(Illinois Recipe.)

Take two pounds of berries to one pound of sugar. Stir in sugar before putting on the stove. Let them come to a good boil, then seal in glass jars. MRS. L. GREGORY.

CANNED GRAPES.

(Michigan Recipe.)

Strange that so many have trouble canning grapes. I ask you to try my recipe: Squeeze the pulp from the skin; boil the pulp in one kettle, and the skins in another kettle, putting only a little water on each. When the pulp seems tender put through a colander, removing the seeds; now add the skins when tender, with the water in which they boiled and a large cupful of sugar for a quart of pulp and juice; boil ten minutes, stirring often, and can. M. C. MILLER.

CANNED PEACHES.

(California Recipe.)

Make a syrup of one-half pound of sugar and one-fourth of a cupful of water to every pound of fruit. Select large ripe yellow or white red-cheeked peaches; pare and divide in halves, take out stones from most of them; leave one now and then for the flavor. When ready drop them in the syrup and boil ten minutes. Seal while hot.

MRS. MARTHA THOMPSON.

CANNED PINEAPPLE.

(Florida Recipe.)

Select sound fruit, pare and pick out the eyes, cut in thin slices cross-wise. Dig out center and tie in muslin bag and add to syrup; make syrup of three pounds of sugar and three pints of water to every seven pounds of fruit; boil syrup five minutes and skim, taking out muslin bag with cover. Now add the fruit and let it boil five minutes; have cans hot, fill and close up as soon as possible. As the cans cool, keep tightening up.

MRS. C. I. BERRY.

CANNED PINEAPPLE.

(Uncooked.)

One dozen pineapples; take out eyes, chop fine; to every pound of fruit one pound of sugar; put all together in large crock; let stand twenty-four hours, stirring occasionally. Fill your jars; screw down tight.

SARAH FULLER.

CANNED FRUIT JUICES.

Many times it becomes desirable to use the juices of fruits for coloring and flavoring and by putting these up in the fruit season they are always ready. Select sound ripe fruit, press out the juice, and strain through a flannel bag. To each pint of juice add one cupful of white granulated sugar. Put in a granite kettle, bring it to the boiling point and can while hot in small glass cans. Seal tight. Keep in dry dark place. Under the head of "Preserves" will be found several methods of preserving these juices for winter use. MARY BITNER.

CANNED MINCEMEAT.

Mincemeat pies are so enjoyed by many people that they ask for them at all seasons of the year. I give here a recipe for canning mincemeat that, when opened, one, two, or three years later, it is found to be as good as when freshly made. Make and season the mincemeat (see Chapter, "Pies, Pastry, Etc.") and heat very hot, packing in glass jars and setting away in a dry, dark and cool place. One quart can will hold enough for two pies. MARION C. HOWITT.

CANNED BOILED CIDER.

I was trained in girlhood to think that mince pies and fruit cake without boiled cider were unfit to eat. Many of the modern cooks use brandy instead but as I am a temperance advocate I still cling to the good boiled cider mince pie made by my grandmother. To enable one to have this at all times I herewith give my recipe for keeping it the year round. Place ten quarts of sweet cider in a granite kettle over the fire, boil it slowly until reduced to two quarts, carefully watching it that it does not burn; turn into glass jars while hot and seal tightly. Set away in dark dry closet. AUNTIE BROWER.

CANNED PLUMS.

(California Style.)

Canned plums are much nicer when peeled. To peel them, pour on boiling hot water and let them slightly scald. When skins begin to break, pour off water and peel. Have ready a syrup made in the proportion of one pound of sugar to every four pounds of fruit and just enough water to dissolve sugar. When all the plums are ready put them in the hot syrup and cook five minutes. Seal at once. MRS. M. BUTLER.

CANNED BLACKBERRIES AND BLUEBERRIES.

Allow sugar and treat as for raspberries. MRS. L. GREGORY.

CANNED PEAS.

(Iowa Recipe.)

Take peas when at their best; select only those that are fresh and tender. Pod and fill the cans (glass) as full as possible by shaking. When no more peas will go in add enough clean cold water to fill up vacuum and, screw on tops fairly tight but not as tight as you would to put away. Leave room for gas to escape. Proceed to cook in cold water as described in recipe headed "A-1 Method for Canning Fruit," only put water entirely over the can and boil three hours steady. Don't let water stop boiling once. Cans may be laid flat down on sides if desirable in canning vegetables as the covers are on and not off, as in fruit. Set in dry, dark closet. MRS. MARY CLARK.

CANNED CORN.

Take the corn when not too hard, fresh and sweet. Split the kernels lengthwise with a knife, then scrape with the back of the knife, thus leaving the hulls upon the cob. Fill glass cans full of corn, pressing very hard to get all the spaces filled up and the air crowded out. Use ten or eleven medium-sized ears, to fill a quart can. Put in no water but put on top, screw down and cook as described in canning peas. This method has never failed me. Early June peas are the best. MRS. MARY CLARK.

CANNED TOMATOES.

Select very ripe but sound tomatoes, remove skins by pouring on scalding hot water till the skins break. After removing skins put in a granite kettle without water and let slowly come to a boil. When they have boiled thirty minutes seal while hot, turn bottom-side up and when cold set in a dry, dark room. MRS. IONE DAVIS.

CANNED PUMPKIN.

Squash and pumpkin can be canned in season for spring use and prove good as fresh. Take off the peel and cut up in small pieces, stew until tender, then mash very fine, adding no seasoning. Have ready glass cans, heated, and fill with the hot squash or pumpkin and seal; place in a dark, dry closet. S. F. C.

Dried Fruits.

(Hygienic and Economical.)

The most healthful of all fruits put up for future use is the sun-dried fruit. This is especially true of prunes, apricots, apples, peaches, plums,

figs, raisins, gooseberries, and all other berries. It requires less sugar and is more healthful as well as economical. The sun cures fruit as no artificial heat can.

TO DRY PEACHES.

Peel the peaches, divide in halves and remove the stone; allow one pound of sugar to three pounds of fruit; make a syrup of the sugar and a very little water; put in the peaches, a few at a time, and cook gently for fifteen minutes. Take them up carefully on platters, boil the juice until quite thick, pour on over the fruit and set in the sun to dry. When quite dry lay them lightly in a jar with a little sugar sifted between the layers.

CALIFORNIA FRUIT GROWER.

TO DRY PLUMS.

(Delaware Recipe.)

Treat in same way as the peaches only do not remove the skins; simply halve and remove pits. C. F. G.

TO DRY APPLES.

(Missouri Recipe.)

Pare, remove core, and cut in slices crosswise or cut into quarters and eighths; dry partly and then pack them in jars, spreading sugar between the layers. Tie down and they will keep well and be excellent for pies or sauce. They may also be thoroughly sun dried without sugar and put away for use. MISSOURI FARMER.

DRIED GOOSEBERRIES.

To five pounds of ripe gooseberries add ten pounds of sugar. Scald and spread on platters; boil the syrup a little longer and pour over fruit. Dry in the sun. M. C. P.

PICKLES, VINEGAR AND BRINE

CIDER or maple sugar vinegar should be used for pickles unless otherwise called for. If the vinegar is too strong dilute with water.

Boil pickles, when possible, in porcelain-lined or stone vessels, never in metal.

Pickles of all kinds kept in open jars should be stirred occasionally, and if there are soft ones among them they should be taken out and the vinegar scalded and turned back hot. If weak, new vinegar should be heated and turned on instead.

CUCUMBER PICKLES FOR WINTER USE.

The best way to put down cucumbers for winter use, especially when a panful or so are gathered at a time, is to wash and put them in a crock or barrel. First, a layer of cucumbers, then one of rock salt (enough salt to make sufficient brine to cover them, no water), cover with a cloth; keep them under the brine with a heavy board and a weight on top; each time more fresh cucumbers are added take out those already in brine, putting the new ones at the bottom; rinse the cloth every time you put in fresh cucumbers, as a scum will rise and settle upon it. Use plenty of salt and the pickles will keep one year. To prepare pickles for use, soak in lukewarm water, changing it three times a day, and keep in a warm place until they are fresh enough, then pour plain or spiced vinegar over and let them stand twenty-four hours, then pour that off and put on fresh. In gathering cucumbers cut them off the vines with shears. Pulling or twisting them off injures the vines. MARION MILLER.

CUCUMBER PICKLES FOR SUMMER USE.

Take of small-sized fresh cucumbers as many as desired for summer use; put them in strong salted water over night; take out of the brine, wipe dry and cover with strong vinegar; in two or three days they are ready for use. MRS. SADIE WEBB.

SPICED CUCUMBER PICKLES.

Use only *very small* cucumbers, taking a peck, and washing them clean. Put in a stone jar and make a brine of two pounds of coarse dairy salt and pour over them. They should stand in this brine thirty-six hours.

Then take them out, throw away the brine, put cucumbers into a pan and cover them with *boiling* water. Let stand ten minutes in this water, take them out and drain them one hour. Put in jar, cut up four peppers, mixing them well through them. Boil one gallon of vinegar slowly fifteen minutes, adding whole peppers, mace and cloves, one-half ounce of each. Then skim out spices, and pour vinegar over cucumbers hot. Cover with a plate and a stone to weigh it down and cover jar with another plate. Don't disturb them for a week or so. MRS. MARIA GILLESPIE.

SWEET CUCUMBER PICKLES.

Take twelve large green cucumbers, cut in slices one-half inch thick and soak in weak salt water for an hour. Make a thick syrup of one coffee-cupful of granulated sugar, one teacupful of vinegar; tie up two teaspoonfuls each of cinnamon and cloves in a piece of muslin; boil all to a thick syrup, then drain the cucumbers; rinse well in clear water and add to the syrup; set them back on the range and simmer gently for three hours. A. R. HORNSWORTH.

RIPE CUCUMBER PICKLES (SOUR).

Take twelve large, ripe, yellow cucumbers, cut in halves, take out all the seeds and pulp; then cut in oblongs, stand over night in salt water, next morning rinse them well in clear water, drain and wipe as dry as possible, placing them in jar. Have one-half dozen red peppers prepared by removing seeds and cut in small, narrow pieces; have also one fresh horseradish, prepared in same way, in small pieces, and about one pound of mustard seed, sprinkle all these in between the slices of cucumbers; have enough boiling hot vinegar to cover same and pour over. On the third morning scald vinegar again, adding an extra quantity if it seems weak, and they are ready for use when cold. They can be put away in glass bottles on the third morning. BELLE LOCKE.

RIPE CUCUMBER PICKLES (SWEET).

Pare and seed large ripe cucumbers. Slice each cucumber crosswise at the center and lengthwise into eight pieces Let them stand twelve hours covered with weak salt and water. Drain and then boil them ten minutes in equal parts of vinegar and water, and let stay in this twenty-four hours. Drain once more, then put them in a syrup of one pint of vinegar with one pound of sugar and one ounce of cassia buds, a few sticks of cinnamon and a few cloves. Boil all together twenty minutes. Cover them closely in a jar This is a delicious pickle if properly and carefully made. C JULIA FELT.

SPICED CUCUMBER PICKLES—No. 2.

Cover one hundred cucumbers with one pint of cold water. Soak five days, each day stirring them well up from the bottom. Rinse in hot water, and let stand till cold. Wipe them dry. Scald vinegar enough to cover them, and add one cupful of sugar, a lump of alum one-half the size of an egg. Spice to suit the taste. MRS. J. STEELE.

MIXED PICKLES (WITH DRESSING).

One gallon of cucumbers, one gallon of green tomatoes, one-half gallon of onions that have been steamed till done. Steam two heads of cauliflower and add one-half dozen green peppers. Scald in weak salt and water brine one day.

DRESSING.—One gallon of vinegar, twelve tablespoonfuls of mustard, two cupfuls of sugar, two tablespoonfuls of turmeric, one large cupful of flour, wet with a little cold vinegar. Boil five minutes and pour over thoroughly drained pickles. MRS. MARIA RICE.

MIXED PICKLES (SWEET).

Take one peck of green tomatoes, one dozen onions, eight green peppers; chop all together, add one cupful of salt and let stand over night, drain. Put in a porcelain kettle with one pound of brown sugar, one-half teacupful of grated horseradish, one tablespoonful each of ground black pepper, mustard, whole white mustard seed and celery seed. Cover with vinegar and boil gently one hour. LILLIE.

MIXED PICKLES—No. 2.

(French Style.)

Slice in an earthen jar one peck of green tomatoes, six large onions, and pour over them one cupful of salt. Let stand twenty-four hours and drain. Add one quart of cider vinegar, three pounds of brown sugar, one-eighth of a pound of white mustard seed, one teaspoonful of ground cloves, one teaspoonful of ginger, two teaspoonfuls of mustard, one teaspoonful of cayenne pepper and cook slowly for fifteen minutes.

MINERVA WEEKS.

ENGLISH MIXED MUSTARD PICKLES.

One quart of whole small onions, or large ones sliced, one-half peck of sliced green tomatoes, six sliced green peppers, five whole red peppers, one hundred small cucumbers, or fifty large ones, two large cauliflowers, one quart of beans, one-quarter of a pint of salt; mix all together and let stand over night. In the morning, drain well and add whole spices, tied

in muslin bag. One-quarter ounce each of mace and whole black peppers, one-half ounce of cloves, one-half ounce each of cloves and celery seed, one ounce of mustard seed. Cover with vinegar and set on stove with one pound of brown sugar; when nearly boiling add one pound of ground mustard and one tablespoonful of turmeric, mixed smooth and thin with cold vinegar. Stir and let boil ten or fifteen minutes; when done, remove spice bag and bottle pickles. MRS H. B. SOMERS.

MUSTARD PICKLES.

Take equal quantities of cauliflower, little onions and small cucumbers. Look them over carefully and to one peck sprinkle one cupful of salt between the layers. Cover with boiling water and let stand all night Drain through colander and wipe dry. To one-half gallon of cider vinegar take one-half pound of mustard, one tablespoonful of turmeric, two and one-half tablespoonfuls of curry-powder, two tablespoonfuls of ginger, one teaspoonful of cayenne pepper. Stir these together with a little cold vinegar, until the lumps are out; then stir it into the half-gallon of hot vinegar and keep on stirring until it comes to a scald. Pour this over the pickles, stir it once or twice for a day or two and then put up in glass jars.
S. ROSA SILVER.

MUSTARD PICKLES—No. 2.

Slice one quart of large cucumbers and one quart of small cucumbers. Also slice two quarts of onions, two quarts of green tomatoes, three heads of cauliflower, and six green peppers. Soak all over night in a strong brine (teacupful of salt to a gallon of water). In the morning cook all except the cucumbers in clear water till tender. Let all drain while you make the dressing.

DRESSING.—One gallon of vinegar, twenty-four tablespoonfuls of dry mustard, four cupfuls of sugar, two cupfuls of flour, one ounce of tumeric. Put the vinegar on to boil. Wet the mustard, sugar, flour and turmeric with some of the cold vinegar. When the vinegar comes to a boil, stir them in. When they are thickened add all the others and let boil up once. MRS. LILY GREGORY.

PICKLED CHERRIES.

Stone five pounds of cherries. Take one quart of vinegar, two pounds of sugar, one-half ounce each of cinnamon, cloves and mace. Grind the spices and tie them in a muslin bag; boil the spices, sugar and vinegar together and pour hot over the cherries. MRS. C. REESE.

PICKLED WATERMELON RINDS.

Pare the rinds (cutting off the colored portion of the inside) and cutting the pieces into strips till you have a ten-quart pail full. Cover them with cold water in which are thrown bits of alum sufficient to give the water a strong alum taste. It will require three quarts of vinegar. Soak over night, then drain well and to each pint of vinegar allow a cupful of sugar; a scant tablespoonful each of cinnamon, cloves and allspice. If allspice is disliked for the dark color it gives, use nutmeg—a nice opportunity for pounding up the bits saved from the nutmeg grater. Boil the vinegar and sugar together, skim well, and throw in the rinds, covering them with a large plate. They should boil till they can be easily pricked with a silver fork. When half through the boiling throw in the spice bags. Pour all into a jar; to keep them from floating lay plates over the vinegar. They will be as good the second summer as the first.

MRS. FARMER.

EAST INDIA PICKLE.

One-half peck of tomatoes, one-half peck of onions, six heads of cauliflower. Slice the tomatoes and onions quite small. Break the cauliflower with the fingers and sprinkle salt plentifully over them and let stand twenty-four hours. Drain well, mix one cupful of grated horseradish, one-half ounce of turmeric, one-half ounce of ground cinnamon, one-half ounce of cloves and one-half ounce of black pepper and one pint of mustard and six heads of celery cut in small pieces. Put all these ingredients in a kettle, cover with cold cider vinegar and boil slowly for two hours.

MRS. A. ROBB.

PICKLED BEETS.

Take the beets when thoroughly cold, slice them across. Make a liquid of half vinegar and half water with a little salt and pepper and a tablespoonful of sugar and put the beets in this. This is only for present use, as if they stand too long they turn white. You can make a bag of spices and boil with them, also a few whole cloves.

MRS. A. R. GATES.

PICKLED PEACHES.

Pare one pound of cling peaches; to them add two-thirds of a pound of sugar and some whole spice and let stand over night; then heat gradually until the fruit is soft. Skim out the fruit and let the syrup boil down until quite thick; then add the peaches and vinegar, cloves, mace and cinnamon.

MRS. M. H. SKINNER.

QUICK WAY TO PEEL PEACHES FOR PICKLING.

In peeling small peaches with a knife too much of the peach is wasted; take instead a wire basket, fill it with peaches and dip it into boiling water, for a moment, then into cold water for a moment and empty; continue in the same way for all. This toughens the skin and enables you to strip it off, saving much in labor and also the waste of peach. Why not, as well as tomatoes? L. B.

PICKLED SWEET APPLES.

Make a syrup of two cupfuls of vinegar and four cupfuls of sugar. Add a few small pieces of whole cinnamon and a few cloves. Pare, core and quarter sweet apples; drop them in the syrup and let cook till tender. Put in a jar and pour the syrup over. They are ready to eat as soon as cold and will keep for any length of time if sealed in jars.

EMILY B.

PICKLED SWEET PEARS.

Boil together for ten minutes one pint of cider vinegar, one and three-fourths pounds of granulated sugar. Tie in a small piece of cloth one-half dozen whole cloves, one dozen whole allspice and a few pieces of cinnamon. Put with the vinegar and boil. Select seckel pears and pare; then put into the vinegar. Boil gently until the pears look clear, then drain off the vinegar, put the pears into jars, reheat the vinegar and pour over. Seal, if desired for winter use. MRS. N. K. B.

CANTALOUPE SWEET PICKLE.

Pare the cantaloupes, remove the seeds and cut in strips. To seven pounds of fruit allow one-half as much of sugar and one pint of vinegar. Boil sugar and vinegar together, adding a few sticks of cinnamon and a few cloves; boil the strips of cantaloupe in the syrup until they look clear —several hours are required. Seal in jars. MRS. D. Z. B.

PICKLED CRAB-APPLES.

Leave on the stem but remove the blossom. To five pounds of fruit add one-half as much sugar, one pint of vinegar, one-half ounce of stick cinnamon and a few cloves. Steam the crab-apples until tender. Boil the syrup ten minutes. Skim. Throw the crab-apples in and let boil five minutes. Can immediately. C. C. S.

PICKLED ONIONS.

Select small onions of equal size, perfectly sound; peel and scald in salt water till they are tender, drain and put into glass jars; heat to

boiling point sufficient vinegar to cover them, scalding with it mixed whole cloves and mace; pour it over the onions, distributing the spices among the jars; seal the jars air-tight after pouring the vinegar over the onions.

MRS. HAROLT JUDD.

SLICED GREEN TOMATO PICKLES (SOUR).

Take large, smooth, green tomatoes. Cut off small slice at stem and blossom end, cut the remainder in slices. To every six tomatoes allow one onion, sliced, a little grated horseradish and one-fourth of a pepper, chopped fine. Put layers in a jar with a very slight sprinkling of salt between each layer, let stand over night. In the morning remove, drain, and pack in jars. Cover with vinegar poured over boiling hot. This is a choice recipe. CYNTHIA LESTER.

SLICED GREEN TOMATO PICKLES (SWEET).

Slice one peck of green tomatoes the night before pickling, sprinkling them slightly with salt; in the morning drain off the liquor. Slice twelve large onions; take a granite kettle and put in a layer of the sliced tomatoes, then of onions, and between each layer sprinkle the following spices: six red peppers coarsely chopped, one coffee-cupful of brown sugar, one tablespoonful each of ground allspice and cinnamon and one teaspoonful of cloves. Tie the spices in small muslin bags. Turn over two pints of good vinegar; boil until tender. ANNA BLUER.

RIPE TOMATO PICKLES (SOUR).

Take large tomatoes—the yellow and red mixed; slice in inch slices. Put them in a strong brine for twenty-four hours; rinse and put down in layers, mixing with sliced onions and grated horseradish. Spice the vinegar to suit the taste (See Spiced Vinegar). Pack in cans and turn vinegar over scalding hot. Seal at once. NELLIE POLARD.

RIPE TOMATO PICKLES (SWEET).

Pare small ripe tomatoes. Cover with good vinegar, adding for every seven pounds of fruit three and one-half pounds of brown sugar, one ounce of stick cinnamon, broken, and one-half ounce of allspice and cloves; tie the spices in a cloth and simmer a few moments. Skim the tomatoes out carefully, put in a jar, boil the syrup a trifle longer and pour over them boiling hot. L. P. M.

LIFE FORCES FOR THE SICK AND CONVALESCENT

1-3-4 Fresh Fruits and How to Serve Them
(See Pages 415 to 422.)

2 Unfermented Grape Juice.
(See Page 348.)

SWEETMEATS FOR SOCIAL GATHERINGS

1. Theresa's Stuffed Prunes.
2. Fig Bars or Almond Squares. (See Page 248.)
3. Almond Macaroons. (See Page 257.)
4. Oranges in Fancy Shapes. (See Page 420.)
5. Washed Figs. (How to Serve.)
6. Dates Stuffed with Blanched Almonds. (See Page 421.)

PICKLED CABBAGE.

(Red or White.)

Remove the outer leaves, quarter and reject the stalk. Cut in slices one-third of an inch thick; put in a jar with salt sprinkled between the layers and let stand over night. Next morning drain dry as possible and cover with boiling hot vinegar spiced to the taste. L. A. B.

SWEET PICKLED CABBAGE.

Same as above only sweetened.

MELON MANGOES.

Select firm, sound, green cantaloupe. With a sharp knife remove one slice, take out the seed, soak over night in salt water, then fill with chopped cabbage and green tomatoes, seasoned with salt, mustard seed and red pepper chopped. Replace the top and tie. Boil enough vinegar to cover adding a cupful of brown sugar and pour over the mangoes. Repeat three mornings. MRS. D. Z. B.

PEPPER MANGOES.

Same as for melon mangoes, using both red and green peppers and sewing on tops, leaving out, of course, the coarsely-chopped peppers and substituting ground cloves. C. M.

SUMMER PICKLES.

Cut equal quantities of young onions, sour apples and fresh cucumbers into thin slices. With these fill an unglazened earthen jar which will hold a quart. Shake in with the vegetables a dessert-spoonful of salt and a teaspoonful of cayenne pepper. Pour in four tablespoonfuls of sherry and four tablespoonfuls of soy, as much vinegar as the jar will hold, and cover closely until wanted. If it is wished to make this pickle in the autumn or winter finely-minced celery may be substituted for the cucumbers. The pickle can be used the day it is made.

MRS. FANNY MARTIN.

DILL PICKLES.

To one gallon of water add a quart of vinegar and one cupful of salt.

E. J. I

PICKLED BEANS.

Boil the beans in salted water and when nearly done lay them in a colander to drain. Then make a liquid by boiling a pound of sugar to a quart of vinegar with spices in a bag. Then pour this over the beans.

MRS. JANE ROLLINS.

ENGLISH BEAR.

Take hard yellow cucumbers, pare, scrap well, cut in shapes to suit your fancy; let remain in vinegar and salt over night; drain and boil in vinegar with small pieces of alum; put in jar. To a dozen cucumbers allow two ounces of allspice, same of mustard, one ounce of black pepper, some small onions, three whole red peppers; boil these in vinegar enough to fill the jars; pour all over the cucumbers; can be used one day after making. MRS. WILBER.

PICKLED CAULIFLOWER.

Gather the cauliflowers on a fine day, selecting the whitest and firmest. After separating them into bunches scald them thoroughly in hot salt and water but do not let them boil as that would discolor them; keep them covered while cooling; place them in a colander and after sprinkling lightly with salt drain them twenty-four hours; to twenty heads give a pickle composed of two ounces of mustard, four ounces of coriander seed, two ounces of ginger, one ounce each of nutmeg and mace, four quarts of vinegar; let these ingredients be slowly boiled together. Having the cauliflower drained, put in glass jars and cover closely, after filling with the liquor. MRS. THOMAS JORDAN.

MOTHER'S PICKLES.

Cook in proportion one-quarter of beets to three-quarters of cabbage. Cook beets until done and chop them, but chop the cabbage raw and bring it to a good scald. Use pepper, salt and sugar, about one-half cupful of the latter. Scald vinegar and cover the pickles with this. Pack tightly in jars, and cover. If spices are used put them in a bag and scald in the vinegar. MRS. LILY GREGORY.

CHOWCHOW.

Twenty-five young, tiny cucumbers, fifteen onions sliced, two quarts of string beans, cut in halves, four quarts of green tomatoes, sliced and chopped coarsely, two large heads of white cabbage. Prepare these articles and put them in a stone jar in layers with a slight sprinkling of salt between them. Let them stand twelve hours, then drain off the brine. Now put the vegetables in a preserving kettle over the fire, sprinkling through them four red peppers, chopped coarsely, four tablespoonfuls of mustard seed, two tablespoonfuls each of celery seed, whole allspice, and whole cloves and a cupful of sugar. Pour on enough of the best cider vinegar to cover; cover tightly and simmer well until thoroughly cooked. Put in glass jars when hot. J. H. T

PICCALILLI.

Take two hundred small cucumbers, salt, one large head of cauliflower, two quarts of small white onions, one-quarter of a peck of green tomatoes, one bunch of celery; salt over night. Next day put all in boiling water and have it come up to a boil twice. Drain and put in a jar. Put all kinds of spice in a muslin bag and put into vinegar and boil. To make five gallons of piccalilli use one-half pound of mustard flour, mix it smooth in cold water, add to the boiling vinegar and pour over the pickles. MRS. N. SOLLITT.

PICCALILLI—No. 2.

Chop fine one peck of green tomatoes, and twelve large onions, add four green peppers and three red peppers coarsely chopped and one cupful of salt. Let stand over night; in the morning drain off the liquor. Now add two quarts of water and one pint of vinegar; boil all together twenty minutes. Drain through a sieve. Put ingredients back into the kettle; pour over two quarts of vinegar and one pound of brown sugar, one-half pound of mustard seed, two tablespoonfuls of cinnamon, one tablespoonful of cloves, one tablespoonful of ginger and one tablespoonful of allspice. Boil together fifteen minutes. GRETA T.

TO SALT CUCUMBERS FOR WINTER USE.

See department of "Pickles."

PICKLED WALNUTS.

Gather while they are sufficiently green to put the head of a pin into them, wipe and put them in a cold brine of salt and water strong enough to hold an egg. Let them stand for six days; then change the brine and let them stand three more; then drain and pour over them a pickle of cider vinegar, with a good quantity of pepper, ginger, mustard seed and horse-radish, all boiled together, but cold. They will be good in six months. D. F. B.

PICKLED EGGS.

Boil two dozen eggs for thirty minutes; then plunge into cold water, remove the shells, and put into a jar. Put six cupfuls of cider vinegar and one tablespoonful of sugar into a saucepan; add one-half ounce each of mace, white ginger and cloves; boil five minutes. Let the pickle get cold and drop the eggs into it. IRENE.

PICKLED ONIONS AND CUCUMBERS.

Peel ten large green cucumbers and half a dozen small onions, cut them into thick slices crosswise and sprinkle with salt. Let stand for a day, then drain; put them in a jar, pour over sufficient boiling vinegar to cover and keep them in a warm place for from twelve to eighteen hours. Drain off the vinegar, heat again and pour over till both the onions and cucumbers are quite green, adding a little red pepper and a speck of sugar the last time of boiling. Cover tightly and place in a cool place.

P. LOCHE.

PICKLED MUSHROOMS.

Take two quarts of small fresh mushrooms (be sure and not get the toadstools, which are similar in looks but very poisonous), cut off the stalks and remove the skins with a piece of flannel and salt. Place them in a stew-pan with four blades of pounded mace and two teaspoonfuls of ground pepper, dredge with salt and place over a slow fire until the liquor has run from them and dried up; then add enough vinegar to cover; simmer for about two minutes, then turn into glass jars. When cold seal the jars and put in a dry place. CHEF.

PICKLED OYSTERS.

Bring to a scald one gallon of large oysters in their own liquor with salt to taste, then skim out and lay them on a platter; when the liquid is cold add to it one pint of vinegar, sprigs of mace and a little pepper; when it comes to a boil pour over the oysters. A LA ATLANTIC CITY.

PICKLED BUTTERNUTS.

Gather them the last week in June. Scald and rub off the outside skin, put them in a strong salt and water brine for nine days, keeping them closely covered from the air. Then drain and prepare the pickle as follows: For a hundred nuts take a gallon of cider vinegar, put in of black pepper and ginger root each one tablespoonful, and of ground cloves and allspice each one-half tablespoonful, also two large spoonfuls of mustard seed and horseradish. Put the nuts into jars. Heat to boiling point the vinegar and pour it boiling hot upon the nuts. Seal closely.

A. F. W.

Vinegars—How to Make.

There are many kinds of vinegars; those used for pickling and those used for flavoring. Pure cider vinegar and pure maple sugar vinegar are

generally considered the most healthful. To impart an acid, however, to most of the commonly-used side dishes I would suggest, where practicable, the use of lemons. The latter is perfectly healthy, being a pure fruit product and as it has not undergone the process of fermentation it naturally commends itself to every housewife who looks after the hygiene of the family. A. C. C.

HOME-MADE TABLE VINEGAR.

Put in an open cask four gallons of good cider and one gallon of molasses; cover the top with thin muslin and leave it in the sun, covering it up at night and when it rains. In four weeks it will be good vinegar. If cider cannot be obtained use rainwater although it will take longer, probably four or five weeks, to make a very sharp vinegar.

N. M. Heinz.

STRONG CIDER VINEGAR FOR PICKLING.

Take three gallons of good cider and mix thoroughly with three pounds of honey or brown sugar, pour into a cask and let stand for six months. Vinegar will then be so strong as to make it necessary to dilute for table use. N. M. Heinz.

HONEY VINEGAR.

Mix in the proportion of eight quarts of warm water to one quart of honey. Let it stand in a warm room or in the sun until it passes through the stage of fermentation. A fine white vinegar will form. E. S. F.

TARRAGON VINEGAR.

Put into a glass can one cupful of fresh tarragon leaves, cover with a quart of good cider vinegar; cork the bottle and let stand for two weeks, shaking frequently. Strain through a flannel bag. Pour into small bottles, cork, and keep in a cool place to use for salads and fish sauces.

A. F. M.

BEER VINEGAR.

Take the juice of one bushel of sugar beets. Wash, grate and extract the juice. Put the liquid in an empty barrel, cover with gauze and set in the sun. In twelve or fifteen days it will be fit for use. C. A. T.

SORGHUM VINEGAR.

To one gallon of the sorghum add four times as much warm water. Mix thoroughly, put in an open jar. Tie a coarse cloth over the top. Place where it is light and warm and stir occasionally. M. F. O.

HORSERADISH VINEGAR.

Put into a jar four ounces of grated horseradish, one teaspoonful of cayenne, two teaspoonfuls of salt, and one tablespoonful of mustard; pour over them one quart of boiling vinegar and set the covered jar by the fire for two weeks; then boil up the vinegar, let it cool, strain through a jelly bag and bottle. It is an excellent relish for salads, cold meats, etc.

R. E. S.

MAPLE SUGAR VINEGAR.

Put into an open cask the scraping of maple sugar, odd bits of maple syrup and the rinsings of granite pans in which has been cooked maple syrup; add a little warm water and let stand in the sun covered with a gauze until it ferments.

D. Z.

ECONOMICAL VINEGAR.

Save the sound cores and the parings of apples used in cooking. Put into a jar, cover with cold water, stand in a warm place, add one-half pint of molasses to every two gallons. Cover the jar with gauze; add more parings and cores occasionally. This will make good vinegar.

H. F. L.

SPICED VINEGAR.

One gallon of cider vinegar, one pound of sugar, one tablespoonful of allspice, three tablespoonfuls of mustard seed, three tablespoonfuls of celery seed, two tablespoonfuls of salt, one tablespoonful of cinnamon, and one teacupful of grated horseradish.

F. E. P.

RASPBERRY VINEGAR.

Put one pound of ripe red or black raspberries into a granite bowl and pour upon it a quart of the best white wine vinegar; next day strain the liquor off the raspberries; the following day do the same but do not squeeze the fruit. Put all together and bottle.

M. B. C.

CELERY VINEGAR FOR FLAVORINGS.

One quart of fresh celery, chopped fine, one quart of cider vinegar; one tablespoonful of salt and one of brown sugar. Put the celery in a jar, heat the vinegar, sugar and salt; pour boiling hot over the celery, let cool, cover it tightly and set away. In two weeks strain and bottle. One-fourth of a pound of celery seed can be substituted instead of the fresh celery if more convenient.

M. A. I.

Pickle of Brine.

TO PRESERVE BEEF.

First, let it get thoroughly cold and firm, then rub salt into it and let remain for twenty-four hours. This draws off the blood. Next drain, and pack it in a brine prepared as follows: For every one hundred pounds of beef use seven pounds of salt, one ounce each of saltpetre and cayenne pepper, one pint of molasses, ten gallons of soft water. Boil and skim well, when cool pour it over the beef. Keep in this until ready for use. The brine should be boiled up occasionally and scummed.

A. GRANGER.

TO CURE HAMS.

To every one hundred pounds make a brine of eight pounds of coarse salt, two ounces of saltpetre, two pounds of brown sugar, one ounce of potash and four gallons of water. First, let the hams get thoroughly cold, say two days after butchering; rub them all over with fine salt; then pour over them the brine. Let remain six weeks in the brine, then take out and dry several days before smoking. N. K. BROOKS.

A PICKLE FOR HAM, BEEF, TONGUE, BACON, ETC.

Take three or four hams weighing fourteen or sixteen pounds each. Let them hang for a day, then rub well into each one two ounces of sal prunella, two ounces of saltpetre, and one pound of salt. Put the hams into a deep pan and turn them over and rub them each day for three days. Make a pickle by boiling together three gallons of water, four pounds of common salt, four pounds of bay salt, and seven pounds of moist sugar. Skim thoroughly, and when the pickle has boiled for twenty minutes, pour it hot over the meat. The hams must be rubbed and turned daily, and their relative position altered, the one at the top being put to the bottom, and so on. At the end of three weeks they must be drained and dried, and smoked if practicable. This pickle will be found excellent for beef, bacon, tongues, etc., and will keep for several months if it be boiled and skimmed each time it is used, and kept closely corked. Salt and treacle should be added also to make up for the strength evaporating. E. J. C.

TO SALT PORK.

Let the pork get thoroughly cold and hard, put in a boiler as much water as will well cover pork to be preserved. When it boils, mix in salt. To ascertain when there is salt enough put in an egg—if it floats there is sufficient. Pour the brine in a jar and let it cool. When cold pour over the pork. C. A. S.

MEAT AND FISH SAUCES AND GARNISHINGS.

SAUCES accompanying various meats should increase its palatableness and yet, very many fail in this matter. Some one has said that the best test of a good cook is good gravy. There are four qualities demanded in the composition of a good sauce or gravy. First, is its color: it should be attractive to the eye; second, it should be pleasing in its aroma; third, pleasing in flavor and fourth, consistency. The simplest way to make a gravy or sauce is to remove the meat from the pan, pour or skim off the fat, leaving the residue in the pan. Then, add a little hot water or milk, stirring all thoroughly. Next strain the liquid, season to taste and it is ready for use—a clear, bright substance, free from fat.

When a sauce is intended to be served hot, it should be kept so, and the best method to insure this is to place the vessel in which the sauce has been made in another one containing hot water. This prevents further boiling, but keeps the right degree of heat. Sauces, gravies, etc., are better made in an enameled saucepan. Below are given recipes for the making of all the favorites.

DRAWN BUTTER SAUCE.

Put in a saucepan two generous tablespoonfuls of butter, add two tablespoonfuls of flour and stir; pour in a pint of boiling water, add a little salt and pepper. Simmer for twenty minutes until it thickens, then add gradually one-half tablespoonful of butter, beating until it becomes white. Stir well, strain and serve. CELIA MCDONALD.

CREAM SAUCE.

Put into a saucepan one tablespoonful of flour and two tablespoonfuls of butter, place over a slow fire and stir lightly for two minutes, adding a pinch of sugar and salt and one teacupful of cream. Stir well again for two minutes, to avoid its coming to a boil. Serve at once. INEZ HALL.

GIBLET SAUCE.

Take the liver, heart, izard and neck of a chicken, wash and boil in water that has been salted. Let boil till tender. Take them out with

a skimmer and chop into coarse pieces. Put them back, add a little butter and thicken to a cream. Pepper and salt, boil a couple of minutes and serve. MRS. F. T. WHITE.

HERB SAUCE.

A tablespoonful of finely-chopped parsley and a tablespoonful of chopped onion, two tablespoonfuls of butter, a little salt and pepper. Stir it together in a saucepan over the fire three or four minutes. Pour in a pint of white sauce and stir till it boils hard. Then serve.

MRS. KATE FLEMING.

BUTTER SAUCE.

Put about one-half pound of butter into a tin dish or a bowl. Stand the dish in water that is boiling hard and take it from the fire when the butter has melted. Strain it through a very fine sieve, and do not let any of the sediment in the dish mix with it. Stir in a little salt and send to the table in a dish that has been heated. MRS. MARY HOLLAND.

CURRY SAUCE.

The powder for this sauce can be procured ready at most druggists. To make the sauce take one tablespoonful of butter, one tablespoonful of flour, one teaspoonful of curry-powder, a large slice of onion, a large cupful of stock, salt and pepper to taste. Cut the onion fine and fry brown in the butter. Add flour and curry-powder. Stir a minute, add the stock, season with salt and pepper and simmer five minutes. Strain and serve. This sauce is designed for broiled meats or fish.

MRS. J. E. O'CONNOR.

OYSTER SAUCE.

Let a pint of oysters heat in their own liquor till they begin to ruffle. Skim out into a hot dish, add a teacupful of milk or cream to the liquor with two tablespoonfuls of cold butter, a pinch of cayenne and salt. Thicken with a tablespoonful of flour, boil up and add the oysters. This sauce is suitable for fish, boiled turkey, chickens, or any white meats boiled. MRS. MAUDE WILLIAMS.

CRANBERRY SAUCE.

Put the berries, after picking over and washing, into a saucepan just covered with water and stew slowly over a good fire. Stir often, mashing the fruit all you can. When they are mashed, which will take about one-half hour, take them from the fire and add the sugar (nearly a pound to a quart of berries) stirring it till it has all dissolved. Press all the fruit through a coarse sieve, and put what passes through into a dish or mold.

 MRS. AMY RANDALL.

MINT SAUCE.

Take the leaves from the mint that grows in the garden. Pick and clean and chop. Put in a deep dish with an ounce of sugar, one-half tumblerful of vinegar and one-half tumblerful of water. Stir slightly and pour into a sauce boat. Keep it on ice before using. For spring lamb.

MRS. COLEMAN.

SALMON SAUCE.

Yolk of one egg, well beaten, one-half cupful of vinegar. Stir in rapidly one-half tablespoonful of sugar, salt and pepper, two tablespoonfuls of milk, two tablespoonfuls of cream. Let come to a boil, then cool and put over salmon.

HELEN FLEMING.

TOMATO SAUCE.

Cook the tomatoes a few moments, adding salt, cloves and nutmeg. Strain them and add one teaspoonful of butter and a teaspoonful of browned flour with a tablespoonful of sugar.

E. J. C.

WHITE BECHANEL SAUCE.

One quart of good white stock can be placed in a stew-pan with an onion, a few mushrooms, a sprig of thyme, parsley, a blade of mace and a little salt; boil till it has extracted the flavor of the herbs and the stock is reduced to about one-half—then strain. Put one pint of thick or double cream into a clean stew-pan, mix the reduced stock very gradually with it, and stir all the time over a slow fire until it thickens. If the ordinary thin cream be used mix a tablespoonful of arrowroot very smoothly into it and let simmer slowly five minutes before adding it to stock.

LAURA HIGBEE.

BROWN SAUCE.

Brown slowly in a saucepan one-half pound of butter, then mix with it six tablespoonfuls of hot vinegar, two tablespoonfuls of parsley, chopped very fine, and pepper and salt. This sauce accompanies eggs, fish and calf's head.

MRS. CELIA OADES.

GERMAN SAUCE FOR FISH.

Mix well together two ounces of butter and a small teaspoonful of flour. Put it into a stew-pan with two tablespoonfuls of water and two tablespoonfuls of vinegar; stir for a minute and add the beaten yolks of two eggs, keeping up the stirring until the mixture thickens. It must not boil, and when ready to serve pour into it one-half the juice of a lemon. Make this sauce in a small glazed crock set in a saucepan of boiling water.

MRS. F. MCFHEE.

TARTAR SAUCE.

One cupful of mayonnaise dressing, six sour pickles, one-half bottle of capers, one-half dozen hard-boiled eggs, one medium-sized raw onion, a little green parsley. Chop all together very fine and mix with the mayonnaise dressing. IVY WHITE.

TARTAR SAUCE—No. 2.

Wash and mince finely four young onions; put them into a mortar with a teaspoonful of chopped parsley, a teaspoonful of dry mustard, a teaspoonful of salt, one-half teaspoonful of pepper and the hard-boiled yolks of two eggs. Pound these ingredients until quite smooth. Put them into a bowl and mix with them gradually three tablespoonfuls of pure salad oil. The oil should be put in first in drops, and afterwards in teaspoonfuls and the sauce should be well beaten between each addition. If this point is carefully attended to there will be no danger of the sauce curdling. When the oil is thoroughly incorporated, add three dessert-spoonfuls of best vinegar and one of chilli vinegar. MRS. S. LAMPIN.

CURRY-POWDER.

Curry-powder is a favorite dish with those who have resided in hot climates, and is very much liked as a seasoning. It can be prepared easily. Take one ounce of ginger, one ounce of mustard seed, one ounce of pepper, three ounces of coriander seed, three ounces of tumeric, one-half ounce of cardamoms, one-fourth of an ounce of cayenne pepper, one-fourth of an ounce of cummin seed; pound fine and sift. These can be procured at any druggist's. CARRIE EARLE.

TART BEEF SAUCE.

Four shallots finely chopped, one tablespoonful of butter, and four tablespoonfuls of vinegar. Place in a stew-pan and stir over the fire with a wooden spoon till the butter becomes clear, then add one ounce of flour and stir in for three or four minutes. Now take one pint of common stock broth, a little coloring, a pinch of pepper and boil all together fifteen minutes; then add a tablespoonful of chopped gherkins, and one tablespoonful of minced parsley. Boil up together, skim and serve in a sauce tureen. A nice sauce for roast beef. CATHERINE HALL.

MUSHROOM SAUCE.

Dissolve one-half teaspoonful of Liebig's beef extract in one-half pint of boiling water. Fry one minced onion and one chopped carrot in a little butter or dripping until lightly browned; pour the liquid over them, let all boil together for ten minutes and add a dessert-spoonful of mushroom ketchup, skim, strain, and it is ready for table. LUCY WILLIS.

WHITE SAUCE.

A tablespoonful of butter is placed in a saucepan. As soon as it bubbles add a tablespoonful of flour and stir it for five minutes, when it may be set on the back of the stove, and a cupful of milk poured in, the stirring going on all the time. Use salt and pepper to taste. Water can be used where the milk is called for, or more butter may be added. Some like an egg, but it must cool a little before this is put in and then be cooked a minute or so afterward. HANNAH FAY.

MUSHROOM SAUCE—No. 2.

Pare and chop off the roots of one dozen small mushrooms, put in a saucepan with two cupfuls of stock, salt and pepper to taste. Cook for thirty minutes; thicken and serve. MRS. A. CURTISS.

EGG SAUCE.

Take one-half pint of veal or any white broth, thicken it with two ounces of butter blended with one and one-half ounces of flour; add, when it boils, some minced parsley, three eggs boiled hard and chopped separately, yolks from whites, one-half teaspoonful of pepper and a squeeze of lemon juice. Take the sauce off the fire and stir into it another ounce of butter. Serve in a tureen. If liked, the egg whites only may be stirred into the sauce; the hard yolks may be pressed through a wire sieve upon the meat. This is a nice sauce for calf's head. PHEBE.

EGG SAUCE—No. 2.

This sauce is to serve with boiled fish. Take a small cupful of butter, and rub into it one-half teaspoonful of flour, then pour upon it about a gill of boiling water, stirring it fast. Let it boil up once. If it is allowed to boil long it will become oily. Pour it over two eggs boiled hard and cut fine. S. E. W.

SHALLOT SAUCE.

Chop three young onions very fine, add a little pepper, a small teaspoonful of cider vinegar and the juice of three lemons. This is a fine sauce for oysters on the half-shell. E. L. S.

CAPER SAUCE.

Take one ounce of butter and a teaspoonful of flour, add a glassful of cold water, salt and pepper. Put the saucepan on back of stove, stir now and then, and as soon as it boils beat till smooth. Add two ounces of butter and one tablespoonful of capers. This should be served in a hot bowl. E. F. I.

BECHAMEL SAUCE.

Cut up all sorts of soup vegetables, with two cloves and a little grated nutmeg. Cook them in butter but do not let them brown. Boil one quart of milk with a little salt and sugar. While it is boiling add the mirepoix (the above vegetables), cover and set it aside where it will not boil any more. Make a roux with butter and flour, cook slowly and do not let it burn, for it must be white. Add gradually a sufficient quantity of veal and chicken blonde. Skim off all the fat and strain through a fine strainer. Set aside to cool but stir it frequently so it will be very smooth; keep in a cool place. MRS. HENRI MARQUISE.

HOLLANDAISE SAUCE.

Rub one-half cupful of butter to a cream. Add four well-beaten egg yolks, then the juice of one-half of a lemon, one-half teaspoonful of salt and a dash of cayenne. Pour a cupful of hot water in slowly. Mix and set it in a saucepan of hot water. Stir until the sauce becomes a thick cream. Do not allow it to boil. Stir a few minutes after removing from the fire. It is a fine sauce for fish, asparagus, or cauliflower.

JENNIE HILLS.

CELERY SAUCE.

Twelve heads of celery, twelve green tomatoes, six large white onions, two green peppers, one-half teaspoonful of mustard, one-half ounce of curry-powder, three cupfuls of brown sugar, one-quarter teaspoonful of cayenne, five cloves of garlic, two quarts of vinegar, one-half teaspoonful of black pepper, salt to taste; chop separately, mix and boil one and one-half hours. Bottle while hot. MRS. SMITH.

GARIBALDI SAUCE.

Four pounds of tomatoes, one pound of raisins, three pounds of sugar, one pound of apples, one-quarter pound red peppers, one-half pound of onions, one lemon, one small cupful of salt, three pints of vinegar. Chop all fine and cook. MRS. KELLAN.

CHUTNEY SAUCE.

Select twelve ripe tomatoes, twelve large apples, four onions, one pound of raisins (seedless), one pound of brown sugar, three green and two red peppers, two teaspoonfuls of ground ginger, one-third of a teaspoonful of red pepper and a chocolate-cupful of salt. Add one quart of vinegar and boil all together for one hour. MRS. T. THOMPSON.

GOVERNOR'S SAUCE.

Slice one peck of green tomatoes, sprinkle heavily with salt and let them stand over night. Drain well in the morning; cover them with vinegar; simmer them with six large onions, three red peppers, one teaspoonful each of ginger, pepper, a pinch of red pepper, a teaspoonful of mustard, a cupful of brown sugar, and a cupful of grated horseradish. Let them all simmer a little over two hours. TILLIE.

PICKLES OF ORANGES.

Select six fine oranges. Cut them deeply, rub well with salt, and let stand in a warm place four days. Sprinkle a tablespoonful of coriander seeds over them and cover them with one and one-half pints of boiling vinegar in which two blades of mace have been simmered for two minutes. Boil the vinegar once or twice and pour it again upon the oranges, then cover the jar with bladder, and store for use. This pickle is designed for wild fowl and should stand two months before being used.

MRS. HANNAH FULLER.

ONION SAUCE.

Peel some nice white onions and boil them tender. Press the water from them, chop them fine, and add one-half pint of hot milk. Add a little butter, a salt-spoonful of salt and pepper to taste. Serve with boiled veal, poultry or mutton. MRS. A. SEARS.

RUSSIAN SAUCE (PIQUANT).

Four tablespoonfuls of grated horseradish, one spoonful weak mustard, one-half spoonful of sugar, a little salt, a dash of cayenne pepper, and two spoonfuls of vinegar. Mix thoroughly and serve with cold meat. When used for fish add it to melted butter—two parts of butter to one of sauce. MRS. K. PINKHAM.

SAUCE FOR GAME.

Take one-half tumblerful of currant jelly, one-half tumblerful of port wine, one-half tumblerful of stock, one-half teaspoonful of salt, two tablespoonfuls of lemon juice, four cloves, a little pepper. Simmer the cloves and stock together one-half hour. Strain this over the other ingredients and let all melt together. Part of the gravy from the game can be added to it. MRS. R. FISH.

HORSERADISH SAUCE.

Put two teaspoonfuls of prepared mustard into a large cup and mix with it a teaspoonful of powdered sugar, a salt-spoonful of salt and five tablespoonfuls of good vinegar. Stir this preparation briskly for two or

three minutes with a wooden or silver fork, then pour it into a tureen in which has been placed a stick of horseradish finely grated; stir the mixture again and serve. MRS. C. DIXON.

HORSERADISH SAUCE—No. 2.

A delicious sauce is made from grated horseradish root, mixed with lemon juice, a little salt, and a suspicion of white sugar. The lemon is to mix the sauce. Served with cold meats it makes them much more inviting and palatable. This sauce will retain its flavor for some time if kept well covered when not being used and the root does not discolor so quickly as when made in the old way with vinegar. ELIZA HIGGINS.

HORSERADISH SAUCE—No. 3.

A good-sized stick of horseradish is required, which should be grated into a bowl and a teaspoonful of mustard, a little salt, one-quarter of a pint of cream and vinegar to taste added. Stir all well together, and serve in a pickle jar with roast beef. CARRIE LONG.

LOBSTER SAUCE.

Put the coral and spawn of a boiled lobster into a mortar and pound to a smooth paste; melt butter the size of a large egg with a wine-glassful of vinegar and a teaspoonful of prepared mustard, now stir in the coral and spawn and a pinch of salt and dash of pepper; mix until smooth. MRS. M. P.

APPLE SAUCE TO SERVE WITH MEAT.

Pare, core and quarter tart juicy apples and stew until tender. Sweeten and then beat with a granite spoon until they are light and lumpless. Serve warm with roast pork, duck or goose. EMILY B.

ASTRAKHAN SAUCE TO SERVE WITH MEAT COURSE.

Select red juicy apples, cut in halves, take out core but do not pare; place in a shallow stew-pan with sufficient water to cover and a cupful of white sugar to every half dozen apples. Each half should cook on the bottom of the pan, skin downward and be removed from the others when done so as not to injure its shape. Stew slowly until the pieces are very tender; remove to a platter and boil the syrup ten minutes longer. It will then be like jelly. Pour it over the apples. A few pieces of lemon peel boiled in the syrup adds to the flavor. MRS. LILLIE T.

CIDER APPLE SAUCE.

Boil two quarts of new cider until reduced to one, then put into it only what pared and quartered apples the syrup will cover; let the whole simmer three hours. MARION.

BLONDE FISH SAUCE.

Put three tablespoonfuls of stock in a stew-pan and stew the following ingredients one-half hour over a slow fire: An onion cut small, two mushrooms, a sprig of parsley, a lemon thinly sliced and a glassful of white wine. When nearly done add, by degrees, a cupful of melted butter and the yolks of three eggs well beaten; keep stirring the pan over the fire for four or five minutes, but do not allow the contents to boil. Strain through a sieve and use it for any kind of fish. MRS. MATTIE FRENCH.

FISH SOUR SAUCE.

Heat one-quarter of a pint of good vinegar, stir into it one-half teaspoonful of made mustard, a little pepper and a slice of fresh butter. Serve when the butter is dissolved. IONE HIGGINS.

TO BROWN FLOUR.

Spread a small quantity of flour upon a tin pie plate, set it upon a moderately hot stove and stir continually until it is brown. Put away in jars closely covered. It is frequently called for in coloring and thickening sauces. PALMER HOUSE CHEF.

TO BROWN BUTTER.

Put a piece of good butter into a hot granite pan and toss until it browns. Stir brown flour into it until it is smooth and quite brown, but not scorched. To be used for coloring sauces. PALMER HOUSE CHEF.

TO MAKE MUSTARD.

Bring to a boil one-half cupful of vinegar; stir in three teaspoonfuls of mustard, creamed in cold vinegar, one-half teaspoonful of sugar and a salt-spoonful of salt. Let cook two minutes. L. P. M.

HOW TO MAKE FRENCH MUSTARD.

Take one-quarter of a pound of best yellow mustard, pour over it one-half pint each of water and vinegar. Add a pinch of salt and a piece of calamus root the size of a pea. Put it on the fire and while it boils add a tablespoonful of flour; let it boil twenty minutes, stirring it constantly. Just before taking it off stir in a teaspoonful of sugar. When cool, put it into bottles and cork tightly. HANNAH MERRIAM.

AROMATIC SEASONING.

Mix one and one-half ounces of thyme, one ounce of bay-leaves, one ounce of summer savory, one ounce of basil and one and one-half ounces of marjoram. Dry thoroughly and pick the leaves from the stems. Pound in a mortar one-quarter of an ounce of cayenne pepper, one ounce of pepper corns, one ounce of cloves, one clove of garlic, the thinly-peeled rind of a lemon, one-half ounce of mace and one nutmeg grated. Mix well together, pass them through a sieve and keep in well-corked bottles.

MRS. F. FOSTER.

COLORING FOR GRAVIES.

Take one-half cupful of sugar and put on a tin plate. Set on the stove till thoroughly brown. Add one-half cupful of water and let boil for a few minutes. Strain and bottle. This will keep for months.

E. F. P.

HERBS FOR WINTER.

To preserve herbs for winter use such as sage, mint, thyme, or any of the sweet herbs. They should be gathered fresh in their season after a good rain. Examine and throw out poor sprigs; then tie up into small bundles and hang bottom-side up until dry in a warm airy place. When dry and brittle pick off the leaves; put them in a clean can and cover. When wanted for use rub and sift. PRUDENT HOUSEWIFE.

SAUCE ACCOMPANIMENTS FOR VARIOUS MEATS.

Roast beef should be accompanied with tomato sauce, horseradish sauce, mustard, cranberry sauce or pickles.

Roast pork: With apple sauce, cranberry sauce, mustard.

Roast veal: Tomato sauce, mushroom sauce, onion sauce and spinach.

Roast mutton: Mint sauce, currant jelly, caper sauce.

Boiled mutton: Onion or caper sauce.

Boiled fowls: Onion sauce, cranberry sauce, jellies.

Roast lamb: Mint sauce, green peas.

Roast turkey: Cranberry sauce, giblet sauce, creamed onions, currant jelly.

Boiled turkey: Oyster sauce.

Venison or wild ducks: Cranberry sauce, apple sauce, drawn-butter and lemon sauce, currant jelly.

Stewed chicken: Curry-powder, egg sauce.

Roast goose: Apple sauce, cranberry sauce, grape or currant jelly.

Broiled steak: Mushroom sauce.
Boiled fish: White cream sauce, herb sauce, lemon sauce.
Boiled lobster: Lobster sauce, slices of lemon.
Broiled shad: Mushroom sauce, German sauce, parsley or egg sauce.
Pickles of all kinds, salted almonds, olives and most of compôtes are suitable with all roast and boiled meats. MRS. WHITE.

Garnishings.

The simplest method of garnishing roasts, game and fowl is with fresh parsley. Put nice little sprays here and there around the outer edge of the platter and also on top of the meat. Slices of lemon are especially nice for fish while capers are appropriate for leg of mutton, and sprigs of mint for lamb.

GREEN PEAS FOR GARNISH.

Put one tablespoonful of butter and one teaspoonful of flour into a stew-pan, mix well over the fire, then stir in one cupful of cooked peas. Stir over the fire for two or three minutes and when thoroughly hot, serve on platter with roast lamb. MILLIE VAN NESS.

TURNIPS OR CARROTS FOR GARNISH.

Peel and cook one-half dozen turnips and then cut them into any fancy shape desired, such as cubes, balls, etc. Put them into a saucepan with a little broth; season with salt, sugar and pepper; boil till soft and use as garnish. L. B. M.

CARROTS FOR GARNISH.

Clean young carrots, rub off their skin and trim them with a knife in fancy shapes. Put them into a saucepan with beef or chicken broth; add salt and pepper to taste, add a pinch of sugar and boil till done. Thicken a trifle and serve with boiled beef. MRS. A. B. W.

OLIVES FOR GARNISH.

(Spanish Style.)

Select large olives, remove the stones from one-half cupful, by cutting them round and round in spiral shape so as to retain their shape. Put them in a saucepan, pour in some white stock and stew slowly until the olives are tender. A garnish for roasts. I. M. STERNS.

HAM FOR GARNISH.

Scald two small slices of ham, cut into squares. Put two tablespoonfuls of butter into a frying-pan and when hot lay in the ham; add a little

parsley, salt and pepper to taste and two thin slices of lemon cut in quarters. Fry until a light brown color. A nice garnish for game. J. C.

GARNISH FOR SALADS.

Garnish for salads is spoken of more at length under Salads—both meat and vegetable—but it is not out of place to add here that hard-boiled eggs sliced or cut lengthwise are a most appropriate as well as appetizing finish to the ornamenting of a salad. Beets boiled and cut dice shape, capers and powdered cheese, all add to the looks and therefore flavor.

MRS. GREGORY.

GARNISH FOR PUDDINGS.

It is generally understood by all housewives that desserts and puddings of all kinds are more appetizing in looks, and hence more palatable, when they come on the table in an attractive manner. Steamed plum puddings when in mold and reversed on a pudding platter and scattered over with a few plums halved, a cherry pudding strewed with a few fresh or candied cherries, or a shortcake the inside of which is filled with slightly crushed berries, is greatly enhanced in looks when surrounded with a few elegant, large, juicy-looking berries. It is not always the elaborate concoction of a dish that strikes home to the heart; but the beauty and the simplicity. MRS. GREGORY.

RELISHES and CATSUPS

TOMATO CHUTNEY.

THIRTY tomatoes, six apples, chopped, six onions, red peppers, one pound of raisins, two onions, ten ounces of salt, one and one-half pounds of brown sugar, four ounces of ginger and three pints of cider vinegar.

MRS. CHAS. HUDSON.

INDIA RELISH.

One peck of green tomatoes, one-half head of cabbage, twelve green peppers, one pound of brown sugar, one tablespoonful of cloves, one table-spoonful of cinnamon and one tablespoonful of allspice. Chop the tomatoes, put one-half cupful of salt over them and let drain for twenty-four hours, then add three onions, the cabbage and peppers, all well chopped. Put spices in a bag and add the sugar. Cover well with cider vinegar and let it simmer for four hours.

MRS. COLE.

GREEN TOMATO SOY.

Take a peck of green tomatoes, slice them thin, add one pint of salt. Let them stand twenty-four hours, strain, and put over the fire with twelve raw onions, an ounce of black pepper, one ounce of allspice, one-quarter of a pound of ground mustard, one-half pound of white mustard seed and a little cayenne pepper. Cover the whole with vinegar and boil till as thick as a jam, stirring occasionally with a wooden spoon, to prevent burning

KATIE UPTON.

RIPE TOMATO SOY.

One peck of tomatoes peeled and sliced, one cupful of salt; let stand twenty-four hours; drain off liquor and add one head of celery, eight onions, chopped fine, one quart of vinegar, one tablespoonful each of ground mustard, ginger, cloves, allspice, cinnamon, and one-half spoonful of cayenne pepper; stew slowly two hours; when nearly done add one pound of sugar and one-quarter pound of white mustard seed.

MRS. MILBURN.

CHILLI SAUCE.

Take a peck of ripe tomatoes, skin and cut up coarse into kettle. Take six large onions, five large green peppers, and a good-sized bunch of celery, cutting them all up. Put all on to boil, adding about a pint of cold water. Boil slowly four to five hours. Add one small teacupful of salt, one pint of cold vinegar, tablespoonful of black pepper and one-half teaspoonful of cayenne pepper. Boil all these together one hour. Then bottle it. It must never stop boiling. If you use canned tomatoes four cans equal one peck of whole ones. MAGGIE GREEN.

CHILLI SAUCE—No. 2.

Three teacupfuls of vinegar, twelve tomatoes chopped, three peppers chopped fine, two large onions chopped fine and two teaspoonfuls of salt, two teaspoonfuls of sugar, one teaspoonful of cinnamon; simmer on back part of stove two hours. Very nice. MRS. CARRIE VROMAN.

CHOW-CHOW.

For Chow-Chow and Piccalilli see Department of "Pickles."

TOMATO CATSUP.

One-half bushel of tomatoes, one teacupful of salt. Boil and strain through a coarse sieve. Add one-half teaspoonful of powdered cloves, one teaspoonful of powdered allspice and four dashes of cayenne. Boil down to five quarts. Bottle while hot and pour over a teaspoonful of olive oil before corking. H. F. L.

TOMATO CATSUP—No. 2.

One bushel of tomatoes, three onions, two large red peppers, two tablespoonfuls of cloves, two tablespoonfuls of allspice, one tablespoonful of mace, one and one-half whole black peppers and salt to taste. Cut and heat the tomatoes until they are soft enough to strain. After straining put in the ingredients and boil down one-half; then strain through a colander, cork and seal in heated bottles. MRS. M. H. SKINNER.

TOMATO CATSUP—No. 3.

To one gallon of strained tomatoes, put one quart of vinegar, one large cupful of sugar, four tablespoonfuls of pepper, four tablespoonfuls of mustard, four tablespoonfuls of salt, four tablespoonfuls of mixed spices, one teaspoonful of red pepper. Boil till thick and then strain it again. Bottle and set away. MRS. M. DAWSON.

GRAPE CATSUP.

Wash and stew ten pounds of fruit over a slow fire until soft. Then strain through a sieve and add nine cupfuls of granulated sugar, two

teaspoonfuls of cinnamon, two tablespoonfuls of allspice, one tablespoonful of ground black pepper, one tablespoonful of salt and two quarts of cider vinegar. Boil until a little thick and bottle. LETTIE T

CUCUMBER CATSUP.

Peel and grate one dozen green cucumbers, add two chopped onions, one-third of a teacupful of salt and drain over night. Then add one-third of a cupful of mustard seed, one-half teaspoonful of black pepper and cover with cider vinegar. Fine for corned mutton. J. SMILEY.

CUCUMBER CATSUP—No. 2.

Grate six fairly ripe cucumbers and drain in a colander. Mince two small onions; mix with one-half teaspoonful of horseradish and same of white mustard seed. Pour over enough cider vinegar to make quite juicy. Do not cook. This will keep in a cool place for some time.

LINNIE BEATTIE.

GOOSEBERRY CATSUP.

Make same as grape catsup, being sure to gather fruit before it is too ripe. LILLIE T.

PLUM CATSUP.

Make same as grape catsup. LILLIE T.

CURRANT OR GRAPE CATSUP.

Boil fifteen minutes one-half pint of vinegar, three pounds of sugar, five pounds of ripe currants, one tablespoonful each of cloves, cinnamon, allspice and one teaspoonful of black pepper, one-half teaspoonful of salt; stir the currants, strain and boil fifteen minutes longer. Berries are good also. MARION C. PACKARD.

CURRANT CATSUP.

Eight pounds of currants, eight cupfuls of sugar, one quart of vinegar, two tablespoonfuls of cinnamon, pepper and allspice. Boil in a granite kettle until just thick enough to run freely from a spoon. Seal.

MRS. L. P. M.

CRAB-APPLE CATSUP.

Select sound apples; peel and quarter two quarts; stew them until tender in as little water as possible, then press through a sieve. To a quart of the sifted apple add two teacupfuls of sugar, two teaspoonfuls of pepper, two teaspoonfuls of cloves, two teaspoonfuls of cinnamon and three large onions chopped fine. Stir all together adding two tablespoonfuls of salt and cider vinegar enough to cover. Place over slow fire and boil one hour. Seal while hot. F. P. E.

HOW AND WHAT TO COOK WHEN "CAMPING OUT"

MOST persons to-day who reside in large cities and have means at command endeavor, during the heated season, to get away for a few weeks to the country, seashore, mountains or inland lakes where good, wholesome living and pure air can be enjoyed. "Roughing it" has become quite a fad and when we consider that the idea includes not only change of location, but change of dress, healthy exercise and simple living, we must all admit that it is a good thing for mankind. Scores, in flocking hither, camp out or build cottages, others accept the hospitality offered by the "Summer Hotels," an institution made necessary by the advance of time.

HOW TO ARRANGE THE STOVE.

In camping out the most important thing aside from the tent is the stove. The top of a common cooking stove with stove pipe to fit is just the thing, although stoves can be purchased on purpose for camping at a cost of three or four dollars. Dig out a hole in the bank the size and shape of the stove and line all with stones except the front. Regulate the draught by placing something in front for a blower. Some prefer the gasoline or oil stoves.

Coffee and tea pots should not have spouts, but lips; and the lips should be riveted on, as as not to melt off. Tin plates and cups can be kept clean by occasionally scouring them with ashes or sand.

PROVISIONS FOR CAMP LIFE.

These will depend much upon the locality and the requirements of the campers; the following suggestions may be serviceable in making up an outfit:

Plenty of wheat, rye and graham flour, also corn-meal. Bacon, smoked ham, bologna sausage, eggs, dried beef, salt fish. Crackers, canned fruit and vegetables, where fresh cannot be obtained. Potatoes,

beans, onions, molasses, salt, pepper, sugar, mustard, vinegar, lard, butter, coffee, tea, chocolate, rice, oat-meal, baking-soda, ginger, soap, kerosene oil and candles.

NECESSARV UTENSILS.

The necessary utensils are coffee pot, spiders, kettles, bakers, gridiron, basins, cups, pails, knives, forks, spoons, lanterns, ropes, bags, strings, needles, thread, matches, shovel, axe, hammer, nails, fishing tackle, gun and ammunition, towels and flannel clothing.

Most of the recipes in other parts of this book are appropriate for camp life but we give under this head a few that are especially appropriate for out-door cooking.

In camp life small and large birds should be either roasted, stewed or broiled. Pick off the feathers and draw them. Wash carefully. If for roasting, tie the legs down and place in the pan. Sprinkle with flour, cover the bottom with water and roast thirty minutes. Oven must be very hot. A. M. Johnson.

BIRDS ROASTED IN THEIR FEATHERS.

(Hunter's Style.)

Open the bird in the usual manner, and draw; then cover with wet clay and bury in hot coals. In forty-five minutes draw from the coals and peel off the clay. Feathers and skin will come at same time. Delicious cooked in this manner. A. M. J.

STEWED PATRIDGES, PIGEONS OR GROUSE.

Place two partridges in a small kettle and dredge with salt, pepper and flour and cover with cold water. Cover tight and let simmer two hours. Thicken with flour and stir in two spoonfuls of catsup; simmer one hour longer, and serve. A. M. J.

BROILED BIRDS.

Split and clean; wipe and broil over a hot fire—if small, ten minutes; if large, fifteen. Season with salt, pepper and butter. Serve on toast.

A. M. J.

FISH BAKED IN THEIR SCALES.

Take out the insides, wash and close up again, first seasoning a little with salt. Leave on the head, fins and scales. Cover with wet clay and bury in hot coals and bake one hour. The time depending, of course, upon the size, a longer time for a larger fish. When done peal off the clay (at which time the scales will also come off), open up, lay flat on the back and lift out the bones. Then take off the head, season, and it is ready to serve. It is unequaled in flavor. William H. Brooks.

BROOK TROUT.

(Angler Style.)

If you cook brook trout as the angler does, split to the tail and clean. Wash and drain. For a dozen large trout fry six slices of salt pork brown, take out and put in the trout. Fry a nice brown and serve with the pork. LOUIS HAMILTON.

CLAM-BAKE.

A party of twenty will require a bushel of clams, which should be gathered, if possible, the day before. Leave on the shell, place in a tub and cover with clean water. Into the water throw about one quart of Indian meal. This fattens them. When time to use wash thoroughly in two or more waters. Clean one fresh cod nicely, season with salt and pepper, and wrap in a clean cloth. Clean also a live lobster. Wash plenty of potatoes, cut off the ends, peel a generous lot of onions, husk some green corn (leaving on the inner husk to keep it clean) and all is ready for the oven.

Make the oven of flat stones placed together in the form of a square, about two and one-half feet each way; around the inside of this place other stones to form a bin. Fill this bin with small sticks. On these pile larger sticks, crosswise, and on top of these a layer of stones. Start the fire, allowing it to burn down until the stones which are on top settle into the coals. Clean out quickly all the cinders with a poker, then cover the stones with a green seaweed about one and one-half inches thick. Have ready the clams, spread them on top of the seaweed, then the vegetables, then the fish and a live lobster. Cover the whole with a piece of cotton cloth to keep out dirt; then cover with seaweed until no steam can escape. Bake thirty-five minutes. Remove the covering from one corner at a time only—so that the rest may keep hot—and all hands take hold and help themselves. J. JEFFERSON.

BEAN-BAKE.

(Outing Style.)

Build an oven in much the same way as for a clam-bake, except have it round and of a size to accommodate a large iron kettle in which the beans are to be baked. Prepare the coals as also for clam-bake and have ready five or six quarts of beans, as the case may be, cleaned, parboiled and seasoned with salt, pepper and molasses. In the center and on top of the beans, place two pounds, more or less, of good salt pork cross cut. Now put the kettle, with cover, containing the beans on the live coals, cover up with fresh grass and let cook fifteen hours. Have ready some

good warm steamed brown bread, delicious butter, and all fall to, for a feast is at hand. MRS. C. I. EASTMAN.

CORN DODGERS.

Take three teacupfuls of corn-meal, one teaspoonful of salt, one tablespoonful of sugar, and pour on boiling water enough to wet it; then make into small, flat cakes about one inch thick, and fry fifteen or twenty minutes in *boiling* fat. To be eaten *very hot*. Fine. JOHN SMITH.

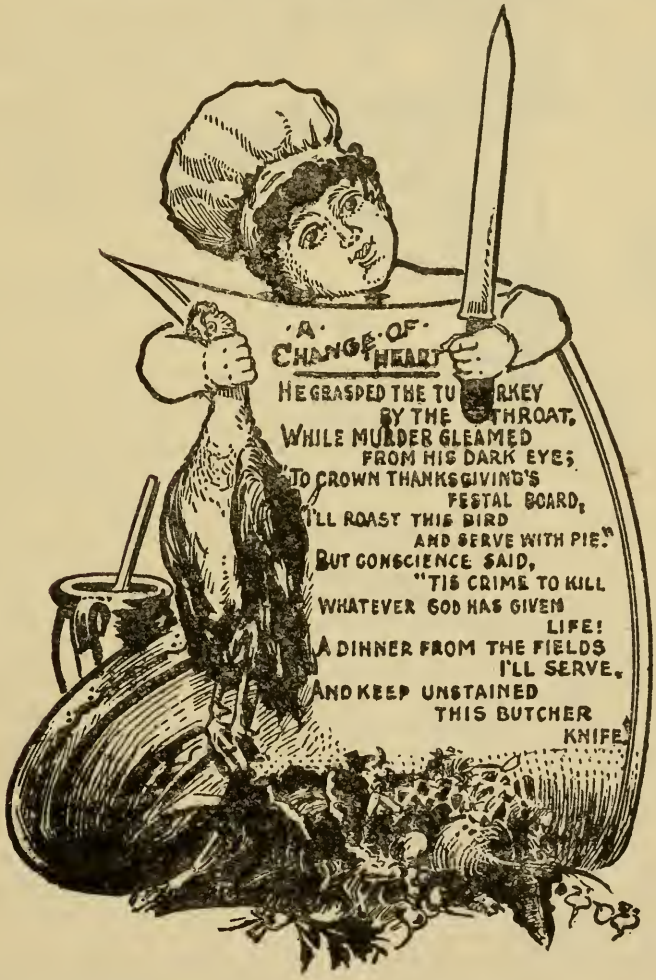
CORN CAKE.

Three teacupfuls of corn-meal, a generous pinch of salt, one tablespoonful of sugar, one tablespoonful of butter; wet with *boiling* water and then beat in one egg. Spread one-half inch deep on buttered tins and bake brown in a quick oven. Delicious. MRS. JOHN SMITH.

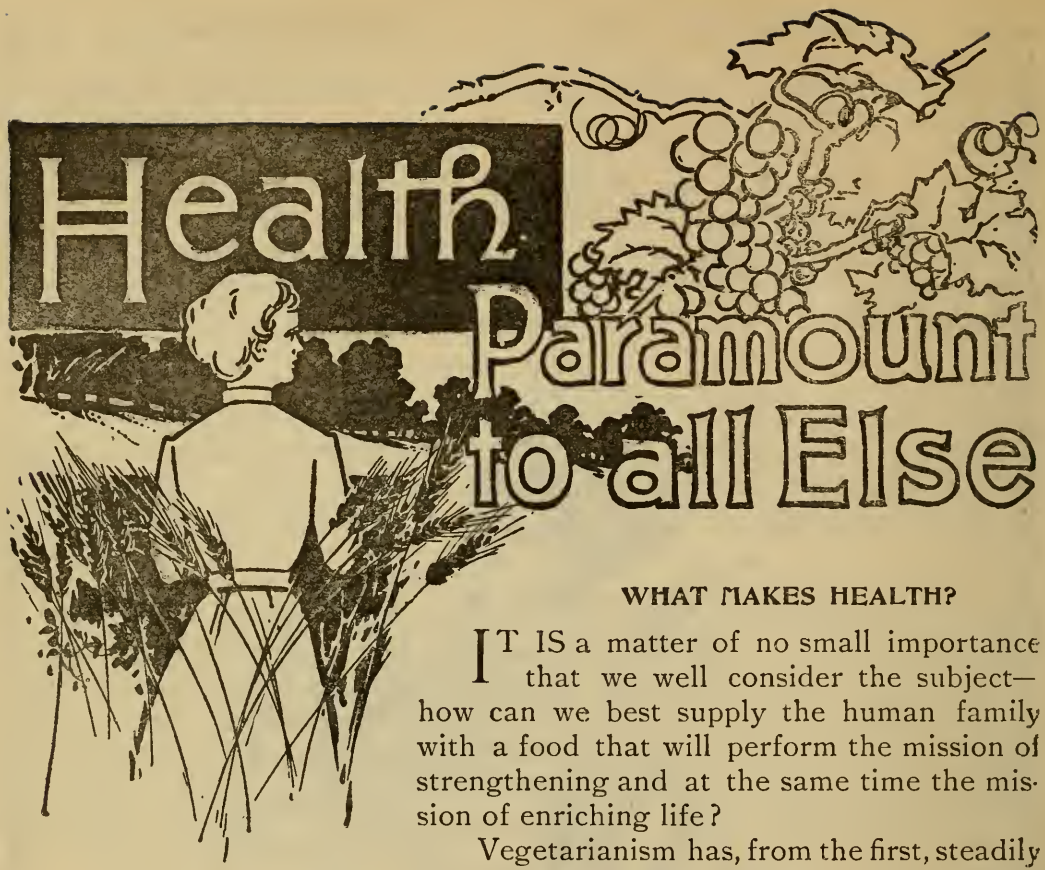
ROAST POTATOES.

"Of all the potatoes I ever tasted," said Stanley, on his return from an outing trip in Michigan, "roasted potatoes are the best." Let the coals get red hot, cover with hot ashes and lay on one dozen or more (with jackets on, but clean) as the needs of the company require, and over them put on more ashes and then red-hot coals. Let stand twenty-five minutes. Take out, wipe clean, crush open and drop in a speck of butter and sprinkle with salt. Try them, I did and they are fine. STANLEY'S MOTHER.

BOOK II



"Nor love, nor honor, wealth nor power
Can give the heart a cheerful hour
When health is lost. Be timely wise,
With health all taste of pleasure flies."



Health Paramount to all Else

WHAT MAKES HEALTH?

IT IS a matter of no small importance that we well consider the subject—how can we best supply the human family with a food that will perform the mission of strengthening and at the same time the mission of enriching life?

Vegetarianism has, from the first, steadily pursued its way, making no loud boasts, but drawing converts to its theories until to-day there are hundreds in every state in the Union. Vegetarians build their theory on the single fact that all nutritive matter is formed by vegetables; that although animals appropriate nutrition they never form it, and that when men eat animal food, they take on the unhealthy conditions of the very animal they feed upon.

People say that man requires a certain amount of fat. Well, so he does, but here again comes the vegetarian who says that "the vegetable world furnishes it generously. Seeds and nuts have been found far superior to animal fats."

Flesh eaters also bring forward the argument that animal food must be more readily assimilated than vegetable, because the people who live upon it are generally fleshy. This the vegetarians claim is a false theory. To be well nourished is to replenish tissues, not to accumulate fat. The increase of flesh beyond a proper amount becomes a disease, and they ask

if "it is not a fact that thin people will endure illness far better than those whose adipose tissue is extreme?"

From a humane point as well as a health point of view, vegetarianism has made many converts. Thousands who are not quite ready to declare themselves vegetarians have diminished their use of meat very materially within the last year. By this means, a demand for fruits, cereals, vegetables and nuts has sprung up that we hope will bring its reward in increased health and greater mental activity.

It is true that the whole earth teems with fine food and it will ever yield bounteously to her children. No article of diet supplies nutriment so cheaply and with less trouble than cereals and vegetables. Take, for instance Indian corn. At the time America was discovered the inhabitants lived almost exclusively upon this cereal. Rice furnishes more human beings nourishment than any other article in existence. In the vegetable world, there need be no adulterations. The articles can be produced in such quantities that they should continue to be pure and within the reach of all.

Fruits, of which there is a bewildering variety, have a large place in the list of health preservers. Every fruit contains substances designed to inspire and humanize its votary. The juices are cool and healing and greatly assist in digestion.

Nuts also are nature's choicest food products, and were doubtless intended by the creator to constitute, with fruits, man's chief diet. Man's greatest burden bearer—the horse—by nature lives solely on a vegetable diet. It hauls heavy loads with no seeming effort. DeLesseps said that the Suez Canal, a wonderful achievement, could never have been built by any meat-eating people in the world. The climate being hot, they could not have endured it. The work was accomplished by Armenians, who live most upon barley. DeLesseps himself became a vegetarian and remained so during his life. The elephant, the strongest of all animals, lives entirely upon plant life, and so we might go on, but suffice it to say that vegetarianism is bound to grow and the quicker we spare the blessed lambs and innocent calves, the healthier and happier we will be.

At first the change in diet from meats to vegetables will perhaps seem difficult but if persisted in one will be able to say with a prominent vegetarian, "I had been considerable of a vulture, and for some time after eliminating flesh from my menus I had desire for it. But gradually that desire faded, and there came in its stead a growing horror of flesh. After a few weeks of fruits and vegetables there came over me a feeling of exultation and superiority and crispness that was truly novel."

HOMEKEEPING NOT HOUSEKEEPING.

"Oh, to be strong! each morn to feel,
A fresh delight to wake to life.
To spring with bounding pulse to meet
Whate'er of work, of care, of strife
Day brings to me! each night to sleep
The dreamless sleep that health can give
No weary ache, no wearing pain—
Ah, then indeed, 'twere joy to live.

What a ringing chorus of joy and ecstacy would swell up to heaven, if the many thousands who are suffering could toss aside their aches and pains and sing the glad song of returning health. Every woman desires to be beautiful, yet, where is beauty without health? Strange to say, health is within the reach of all if the simplest rules of every-day life be observed. Let us remember the adage: "We do not live upon what we eat, but upon what we digest." When we ignore our natural instincts, which are satisfied with the proper amount of food and continue to impose extra duties upon the stomach, the first step is taken toward destroying health. We can well learn a lesson from the animals—none of the animal kingdom ever eats except when it is hungry and as soon as it has consumed sufficient to gratify that hunger, it cannot be tempted to continue its repast.

The mothers, the real homekeepers, are coming to the front in that, as in all the other grand reforms of our progressive age. They are studying the subject of the relations of food, exercise and ventilation to health, and are becoming acquainted with the methods by which nutriment is best introduced into the system, and are exercising a sensible supervision over the food of their children. When an author makes the assertion and proves it—that the nature and character of the man or woman has a close relation to what the child was fed upon, it is a truth that will strike home to the mother's heart.

Every mother in the land should learn something of the chemistry of cooking. This knowledge would not only enable her to keep her family in health, but would teach them how to take care of themselves. How often it is true that a mother studies every other method of bringing up her children in a successful way, but neglects their food? A mother who looks well after these things may truly be called a Homekeeper. Homekeeping and housekeeping should go hand in hand—but it seems as

Lillian Whiting says in the World Beautiful that the two "have gotten sadly taken,—one for the other. The finest and most liberal culture is none too fine to fit a woman for homekeeping; but mere industry and trained intelligence is the basis of housekeeping. The woman unlearned in art, literary or social culture, may be a most admirable housekeeper; but the highest and greatest gifts and the most exquisite cultivation are none too much for homekeeping."

We have here endeavored to pay some attention to food values, supplying the elements required by the system. Cream, butter and nuts furnish the fats to those who do not eat meat. Fruit gives the acids. Cereals and vegetables the brain and muscle.

NOURISHING PROPERTIES OF VARIOUS FOODS.

In the hope of arousing and cultivating intelligent interest in respect to the nutritive value of the most common articles of food, I present the following table, from "Science in the Kitchen," published at Battle Creek, the world-famed sanitarium town:

GRAINS.	PER CENT.
Wheat, Poland	86.8
Wheat, Michigan, White	85.5
Wheat, Michigan, Diehl	85.5
Wheat, Michigan, Japanese	84.7
Rye, Winter	89.8
Rye, German	92.
Barley	82.2
Barley, So. Russian	86.
Oats	80.1
Corn, Flint	84.9
Corn, Dent	84.4
Corn, Sweet	83.7
Rice	86.9
Millet	85.7
Buckwheat	85.6
Irish Moss	81.1

FLOUR.	
Graham	85.1
Wheat	88.2
Rye	84.7
Barley	84.7
Oat	91.4
Corn	84.3
Buckwheat	85.8
Bean	88.
Pea	87.3
Arrowroot	82.

BREAD	PER CENT.
Barley	83.3
Whole Wheat	81.7
White	54.9
Rye	57.2
Swedish Speise Brod	87.
Zwieback, White	85.2
Rye	83.7
Macaroni	86.9
Manna	74.6

FRESH FRUITS.	
Apple	13.7
Apricot	13.5
Blackberry	6.6
Banana	26.7
Cherry	14.8
Cranberry	4.1
Currant	10.?
Grape	18.2
Gooseberry	10.8
Pear	12.4
Prune	13.4
Plum	10.8
Peach	13.9
Raspberry	6.9
Strawberry	10.1
Whortleberry	9.3

DRIED FRUITS.

	PER CENT.
Prune	69.2
Pear	63.7
Apple	67.
Cherry	49.4
Raisin	66.3
Fig	56.7
Date	67.

NUTS.

Chestnut	89.3
Walnut	88.2
Hazelnut	89.7
Sweet Almonds	87.3
Peanut	79.6
Cocoanut	50.5

VEGETABLES.

Sugar Beet	16.8
Parsnip	10.
Sweet Potato	27.2
Cucumber	4.
Asparagus	5.3
Cauliflower	8.2
Melon	8.2
Squash	8.5
Onion	13.3
Pumpkin	8.5
Tomato	6.8
Peas, Green, Garden	19.7
Peas, Small	83.3
Peas, African	90.2
Peas, Green	84.1
Beans, Field	78.5
Peas, French or Kidney	85.2
Peas, White	82.2
Peas, Lima	87.
String Beans	10.1
Lentils	83.8
Lentils, German	74.7

MILK AND BUTTER.

	PER CENT.
Cow's Milk	14.
Cream	34.
Swedish Butter	86.2
French Butter	87.4
Cheese, Stilton	68.
Skimmed Milk	10.4

SACCHARINE.

Syrup	75.4
Honey	79.4
Buttermilk	9.2
Milk of Cow-tree	40.2

VEGETABLES.

Carrot	11.7
Winter Cabbage	18.1
Red Cabbage	8.7
White Cabbage	8.2
Spinach	10.5
Celery	14.5
Head Lettuce	4.9
Potato	24.4
White Turnip	5.4
Beet	11.5

MEATS.

Beef, Lean	28.
Mutton	28.
Veal	37.
Pork	61.
Poultry	26.
White Fish	22.
Salmon	23.
Entire Egg	26.
White of Egg	22.
Yolk of Egg	48.

VEGETARIANISM.

"Let us be thankful, not only that we are alive, but that everything else is alive," said Dr. Kellogg, in announcing that there would be no turkey, no animal food of any kind, at a recent Thanksgiving dinner of the Battle Creek sanitarium.

People who have never thought upon this subject doubtless think that such a feast would not be a Thanksgiving feast, and especially so as every form of animal food was also excluded; but there are many thousands of very intelligent persons who did the same thing. Yes, there are many

strict vegetarians in our broad land to-day. Doubtless a large number have drawn their inspiration from the above institution. In order to show what a grand dinner can be made of vegetable foods, and to furnish suggestions for those who may desire to adopt, at least in a small measure, the vegetarian diet, I give the menu of the above dinner:

MENU.

Vegetable Oyster Soup Tomato Bisque
Toasted Wafers

Nut Roast Dressing
Nuttolene—Mint Sauce Protose Cutlets
Cranberry Sauce

Escalloped Potatoes Baked Sweet Potatoes
Kornlet
Boiled Onions Asparagus
Hubbard Squash

Potato Salad Lettuce Celery

Graham Bread White Bread
Swieback Sticks Granose Biscuit
Cocoanut Crisps Walnut Buns

Caramel Cereal Grape Nectar Fruit Cocoa
Malted Nuts Kumyss

Peaches Plums
Strawberries Cherries

Lemon Pie Gold Cake
Roasted Almonds Pecans
Malaga Grapes Apples Oranges
Bananas Bromose

If any one will examine a half-dozen typical, well-ordered vegetarian menus, he will agree with us, after examining the same, that it is possible to prepare a good menu without the use of meats. To illustrate this fact, and to assist those who may be interested in the subject, I give place to a few every-day breakfasts and dinners which have been furnished me by the Battle Creek sanitarium:

BREAKFAST—THANKSGIVING MORNING

FRESH FRUIT
Malaga Grapes Apples

CEREALS
Cal. Breakfast Food Rolled Oats

DEXTRINIZED GRAINS
Granola Zwieback Granut Granose Flakes
Crystal Wheat Toasted Granose Biscuits
Granola Porridge—Peaches

ENTRIES
Sliced Protose or Nuttolene—Jelly
Broiled Protose Cottage Cheese
Poached Eggs

VEGETABLES
Baked Potatoes—Cream Sauce
Stewed Tomatoes Protose Hash

TOASTS
Toasted Whole-wheat Wafers
Strawberry Tomato Snowflake Cream

UNFERMENTED BREADS
Sticks Passover Bread
Oatmeal Crackers White Crackers
Graham Crackers Breakfast Rolls
Currant Puffs Cocoanut Crisps

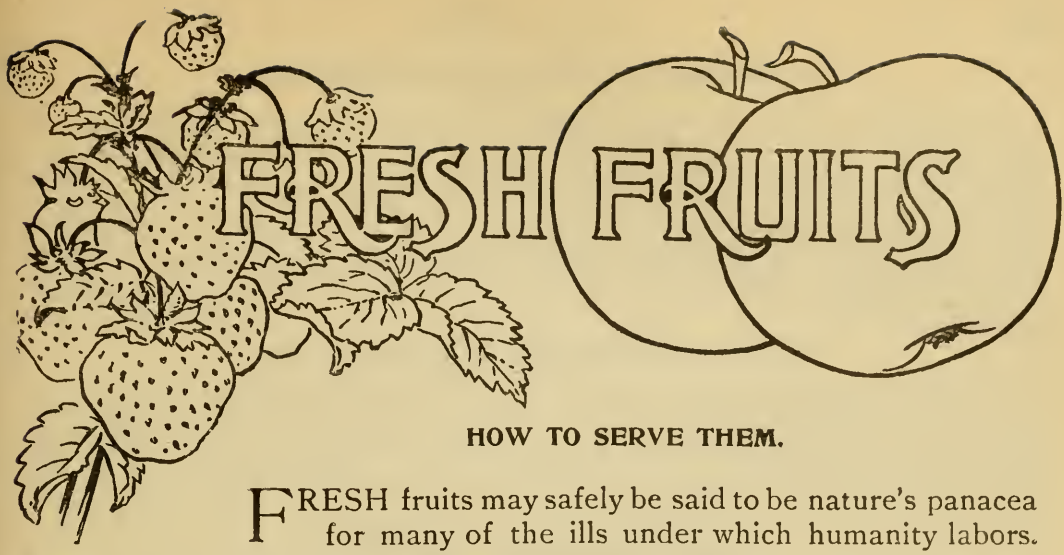
FERMENTED BREADS
White Bread
Fine Graham Bread Coarse Graham Bread

COOKED FRUITS
Baked Apples Pears
Plums Prunes

LIQUID FOODS FOR INVALIDS
Sterilized Dairy Milk Dairy Milk
Caramel-Cereal Dairy Cream Fruit Coco
Gluten Gruel Almond Cream

Another table showing that the very best animal food is only equal to the vegetable in nutritive value:

100 Parts.	Water.	Albumen or Fibrin.	Gelatin.	Nutritive Matter.
Beef	74	20	6	26
Veal	75	19	6	25
Mutton	71	22	7	29
Pork	76	19	5	24
Chicken	73	20	7	27
Cod	73	14	7	21
Haddock	82	13	5	18
Sole	79	15	6	21



HOW TO SERVE THEM.

FRESH fruits may safely be said to be nature's panacea for many of the ills under which humanity labors. Every fruit that grows contains properties especially needed by our race. At one time fruit upon the table was deemed a luxury designed solely for the wealthy or people of moderate circumstances on special occasions. To-day fruit is a necessity and from no well-set table is it absent. Each variety of fruit has its own health-giving properties—all conducive to happiness and long life. In them is stored up elements that assist digestion, refresh the brain, invigorate the body, and why should we go without—when fresh fruit of some sort can be obtained so cheaply? Physicians now heartily recommend a fruit diet to their patients, and were it to constitute half of the daily diet, intemperance and many other evils would be much lessened. We can personally vouch for a case of a young man who had become addicted to the use of intoxicants. A friend advised him to try the use of oranges before breakfast. He ridiculed but followed his advice, with the result that he became a convert to the fruit diet, and when a craving for alcoholic stimulants arose, he resorted to the immediate use of some sort of fruit, and no longer cared for what had been his bane. As he expressed it, fruit "became meat and drink" to him.

There is no better tonic in the world than the juice of one-half of a lemon squeezed into a cupful of hot or cold water, drank without sugar, on rising in the morning. Headaches, languor, biliousness all disappear. We not only have our native fruits to draw from, but every country on earth contributes its choicest fruits, and when their value is more generally understood, the good effect upon the manners and morals of the world will be productive of grander lives, clearer brains and fewer ailments than now

TO PRESERVE APPLES FOR WINTER USE.

Keep the apples on open shelves in a cool dark attic that is airy. It is preferable to the cellar, which is often too damp. Use the spotted and decaying ones first to preserve the others as long as possible; if preferred they may be packed in clean, dry straw so they will not touch each other. Still another way is, wrap each apple separately in tissue paper and pack in barrels or boxes, but this is rarely done unless the fruit is scarce and very fine. D. Z. B.

TO PRESERVE GRAPES FOR WINTER USE.

Select perfect bunches, seal the ends of the stems with sealing wax, hang them in a dark cellar or in any room in which the air is neither so dry as to wither them nor so cold as to freeze them; fasten each bunch separately so as not to touch each other. LIDA B.

STRAWBERRIES AU NATURAL.

Select fresh ripe juicy berries, remove neither hulls nor stems; with a tiny brush remove all sand underneath the sepals. Arrange on a pretty glass dish or on individual dishes. Serve with a spoonful of powdered sugar in small paper cup at side of plate. If berries are not fresh picked place on ice two hours before serving to freshen them.

LILLIE.

STRAWBERRIES AU NATURAL—No. 2.

Choose the largest strawberries, leaving the stems on. On each sauce plate arrange them around the dish with the strawberries uppermost. Then place a little pyramid of powdered sugar in the center of each plate. The berries are to be eaten by dipping each one in the sugar. A little pat of ice cream may be substituted for the sugar, but in that case the berries should be stemmed and hulled. MRS. J. C M.

PLUMS.

(French Style.)

Select any kind of plums desired. If fresh picked arrange them on fancy dish with their own leaves. Serve with small knives. If not fresh picked place on ice three hours before serving. MARY BUTLER.

CHILLED WATERMELON.

Select a thoroughly ripe watermelon, place on ice till very cold; now wipe dry and cut crosswise at center. Cut out triangular sections (see colored illustration) cut down the remaining sections so as to easily separate with a knife. Serve with rind attached; serve on large round platter decorated with fresh grape or apple leaves. JOHN MILLER.

GRAPE FRUIT SERVED IN BASKET.

(Made of the peel.)

Select medium-sized grape fruit cut in basket shape (see colored illustration) and with a knife carefully scoop out fruit and all the bitter pulp. Return the fruit and sprinkle generously with sugar just before placing it on table. Tie to the handle some light blue baby ribbon and some pretty geranium leaves and set on fancy plate at each place; a nice first course for a luncheon. LEONE HULL.

PINEAPPLE DESSERT.

Cut the top off of a pineapple and cut away the bottom so that it will stand upright on a plate (see colored illustration). Scoop out the pulp throwing away the core. Mix the pulp with strawberries and green amalaga grapes cutting the berries and grapes into halves. Sweeten and return mixture to the pineapple shell and set on ice. Decorate dish with leaves from the crown or with grape leaves. LUELLA.

ORANGE AND STRAWBERRIES IN BASKET.

(Made of Peel.)

Select good-sized oranges, cut off the top, scoop out the center and fill with strawberries and some of the orange. If liked pour over a little sherry and put on top a spoonful of whipped cream. Delicious.

JOHN.

GRAPES.

There is no fruit that is so inviting to the eye as large clusters of grapes, arranged in a clear glass dish. They can be pulled from the stems by the fingers in eating. NELL.

PEARS.

Select those that are ripe, pare them and stem them. Cut them in halves, laying them on a fruit dish, and sprinkle powdered sugar thickly over them. To be eaten with knife and fork. MARY ANDERSON.

RAISINS.

Large clusters of raisins can be arranged upon a fruit dish, and a dish of almond-meal set near them. A bunch of the raisins can be placed on each plate, and a teaspoonful or two of the almond-meal added. They are to be eaten together. LILLIAN B.

MIXED FRUITS.

The beauty of any fruit is increased when it is tastefully dished. A beautiful method of showing off fruit is to procure a large gilt basket, and fill with apples, pears, peaches and grapes, and fill in the crevices with ferns and geraniums or any green sprays that suggest themselves. The

dish so ornamented should never be too full, and always garnished in some way, either with leaves or flowers. When these are not at hand, embroidered or lace paper can be bought for the purpose. All fruit designed for the table should be carefully examined and wiped with a napkin before arranging it on the dish. MRS. R. BEALS.

MUSKMELONS.

The large melons may be cut into large pieces and served with a little ice on the plate, but small ones are cut in halves, a small piece of ice placed in each section and served. They may be made the first course at breakfast or luncheon. A. R. G.

PEACHES AND CREAM.

Arrange as many peaches as you wish in a handsome dish after pouring a mixture of sugar and cream over them. Fill the dish with the peaches, which must have been pared and quartered and keep pouring over the cream and sugar until the dish is full. Then set them on the ice. PRUELLA NORTH.

A CREAM OF CHERRIES.

A quart of cherries broken with a spoon but not enough to make the pits escape, can be left to stand in a cold place after pouring a cupful of sugar over them. Strain off all the juice, sweeten it, and beat one-half pint of cream and the white of an egg, adding the juice of the cherries very slowly, whipping it till it ceases to foam. The juice must be poured in a little at a time, or it will curdle. FRONA WILLIAMS.

NUTS AND RAISINS.

Select the large raisins that come in good-sized bunches and lay a handsome doily on a glass dish. Now pile up the raisins on this dish and fill in the crevices with shelled nuts of any sort that have been previously blanched. Blanching is simply scalding the nuts to remove their inner skin. They must be wiped dry afterward before using. This makes a pretty dish for the table. MRS. LAURA KING.

MOLDED ORANGES.

Peel three or four large oranges, being careful not to break the thin skin which divides them. Oil a small mold thoroughly. Boil a quarter of a pound of loaf sugar in three tablespoonfuls of water till it becomes hard and brittle when dropped into cold water, dip the edges of the orange sections into this, arrange them in layers round only the sides of the mold, and fasten them together with the sugar. When they are firm, turn them on a dish, and fill the center with whipped cream. It takes twelve minutes to boil the sugar. J. E. TABER.

PINEAPPLES FOR THE TABLE.

Unless a pineapple is perfectly ripe it should not be eaten. Pare it, removing the eyes. Do not slice it, but after paring cut away the fruit in small pieces. Lay them in a glass dish, covered with fine white sugar. The core is indigestible, and is not used. Set the pineapple on ice till wanted. FLO BRINE.

STRAWBERRIES WITH CREAM.

Wash them through a colander. Few of the berries brought to market can be used without washing. Drain them well, and when as dry as possible, stem them. Sugar and cream should not be placed over them as it makes them dark and soft on standing. When brought to table allow each guest to use cream and sugar at his own discretion. Keep them cool until they are to be served. MRS. T. CHAMBERLAIN.

APPLE DAINTY.

Peel eight apples very thin and lay in a dish, in layers, using plenty of powdered sugared over each layer and a little lemon juice. Put it on ice three hours and it will be found excellent. MRS. R. ROSCOE.

ICED CURRANTS.

Procure some of the finest bunches of currants. Beat well the whites of two eggs and mix them with one-quarter of a pint of water. Dip each cluster of currants separately into the egg and water, drain for two minutes, roll them in finely powdered sugar. Repeat the rolling in sugar and lay them on sheets of white paper to dry, when the sugar will become crystallized. Alternating white and red currants make a pretty effect.

MRS. LOIS EATON.

RASPBERRIES, ICED.

Take as many freshly-gathered raspberries as wanted. Whisk the white of an egg, and stir in with it two tablespoonfuls of cold water. Dip the raspberries quickly one by one in the liquid, drain them, and roll them in finely powdered and sifted sugar. Lay them on paper to dry and arrange them prettily in a fancy dish. MRS. W. SUES.

ORANGE SALAD.

Peel one-half dozen oranges, free them from the white skin, and cut them into slices of about one-quarter of an inch in thickness. Arrange them neatly in a compôte dish, strew three ounces of finely-powdered sugar over them and pour upon them a wine-glassful of California sweet wine. If it stands a day before using it is richer. S. E. F.

FIGS AS A DESSERT.

Dried figs make a very agreeable dish, but they must be prepared the day before and set away on ice. Soak them first, then simmer slowly till plump. Drain and pile them in a bon bon dish. Serve whipped cream around the dish. Flavor and sweeten the cream with vanilla or sherry.

P. THOMASON.

ORANGES IN FANCY SHAPES.

There are many artistic ways of arranging oranges. Cut the peel vertically at even distances, beginning at one end, down to the center. Now peel down the loosened skin but do not break or cut off but turn points in. The whole resembles a rose. Another pretty way is to peel off the entire skin and slice the oranges crosswise; sugar well and place each slice as though it was uncut. IONE.

ICED GRAPES.

Wash and drain large dry bunches of ripe grapes, two or three varieties if possible, dip into beaten white of egg, put in sieve so that they will not touch each other, sift powdered sugar over and put in a warm place to dry. Cherries may be prepared in the same way. MRS. N. K. B.

FRESH RASPBERRY COMPÔTE.

Bruise a quart of sound raspberries thoroughly, put them into a glass dish, and sprinkle a pound of powdered sugar over them. Let them lie in a cool place for a couple of hours, then pour over them a quart of thin claret and a quart of cold water. Send sponge cake or any light cake to table with them. MRS. LOTTIE MEISMAN.

ORANGE COMPÔTE.

Peel the oranges, cut up into sections, pare off all the white skin and cut them into slices; place these in a circle in a preserve dish, pour a little brandy over and let stand in a cool place in their own juice thirty minutes. CORRINE BETTS.

FRESH STRAWBERRY COMPÔTE.

Select fine ripe berries, hull them and arrange in a pyramid in a preserve dish; press others through a sieve and put the pulp into a vessel with plenty of powdered sugar and the juice of an orange; stir well and place both this and the strawberries in the ice-box. When ready to serve pour the sweetened pulp over the berries. M. BRUBAKER.

A DESSERT OF PEACHES.

Select the largest and finest and rub the down off with a clean cloth. Lay them on a dish in the form of a diamond and pile them up, row upon row, to the height you wish. Cut paper peach leaves and build in unless you can obtain the real leaves. Put a circle of the leaves around the base of the fruit. MRS. SOPHIA MORRIS.

APPLES.

This fruit, which every one loves, can be eaten in any way. Pick nice, juicy ones, wipe and polish with a soft napkin and serve in a fancy basket decorated with apple leaves. Fruit knives of silver should accompany them. MISS GRACE JOHNSON.

ORANGES, SLICED.

Peel one-half dozen oranges and cut them in slices crosswise, picking out the seeds. Then sprinkle generously with pulverized sugar and set in a cool place. The colder any raw fruit can be made the better the flavor. W. T. M.

BANANAS.

Strip off the outer skin and cut the fruit in slices. Pour cream over and serve. P. E. F.

WATERMELON AU NATURAL.

Procure the watermelon a day or so before they are to be used and place in a cold cellar or put on ice. They can be sliced across or lengthwise but need no dressing of any sort. AMY.

STUFFED DATES.

Select large dates, remove the seeds and refill with blanched almonds or pecan nuts. Excellent for a final course to luncheon. GRETA M.

STUFFED PRUNES.

Select very large prunes, soak a short time so they will swell and become plump, remove the pit and stuff with other prunes as full as they can be stuffed. Sift over powdered sugar and pile on bonbon dish. Very fine. THERESA M.

CRYSTALLIZED ORANGES AND LEMONS.

Boil together for one-half hour one cupful of granulated sugar and one of water. Dip the point of a skewer or darning needle in the syrup after it has been boiling the given time and then in water. If the thread formed breaks off brittle the syrup is done. Pare some oranges, divide them into eighths and wipe free of moisture. Pour part of the hot syrup

into a cup, which keep in boiling water. Take the pieces of orange on the point of a large needle or skewer and dip them in the syrup. Place them on a dish that has been buttered lightly. Care must be taken not to stir the syrup as that spoils it. MARY B. BURNS.

FRUIT GLACÉ.

Prepare syrup as above and take any prepared fruits desired (grapes, pineapple, cherries, etc.) on point of a darning needle; dip them in the syrup; when cold they are ready for use.

NOTE.—Apples, it is said, are now considered to contain far more brain food than any other fruit or vegetable, and to be much more nutritious than potatoes, which enter so largely into the component parts of every meal. M. B. B.

CHESTNUTS CRYSTALLIZED WITH WHITE SUGAR.

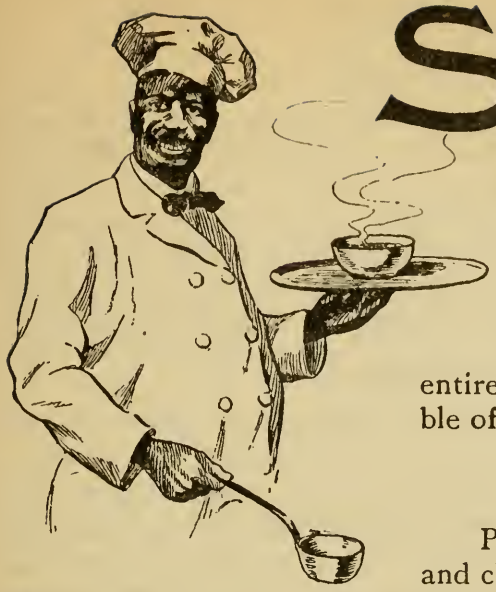
Make syrup as above. Boil the requisite quantity of chestnuts until soft, and peel them, taking care not to break them. Take them on the point of a skewer, one at a time; dip them first into the syrup and then, quickly, into cold water. Slip them off the skewer into a wire sieve and dry them in a warm place. G. S. T

STUFFED DATES—No. 2.

Remove seeds. Replace with blanched almond. Roll in coarse sugar. H. F. L.

CHESTNUTS CRYSTALLIZED WITH CARAMEL.

Prepare as above only instead of putting the chestnuts on a sieve to dry have ready a broad flat basin, put some brown sugar or caramel in it; dip the chestnuts into it, leaving them to drain. When they are cold arrange them tastefully on a dish. S. T. O.



SOUPS WITHOUT MEATS

WITH the increased interest in vegetarian ideas, it is well to be able to make dishes in which meat plays no part. Vegetable soups provide food for the human species entirely free from adulteration and yet capable of furnishing wonderful nutrition.

ONION SOUP.

Put into a stew-pan several peeled and chopped onions and one quart of cold water. Let come to a boil, drain and put back into the pan. Now pour over the onions two quarts of boiling water and let cook until very tender, adding a tablespoonful of salt. When done add a cupful of rich cream; let come to a boil. A few minutes before serving remove the pan from the fire, add the yolks of two eggs, a generous lump of butter, into which has been mixed a very little flour, a dash of pepper and a pinch of sugar. Let come to a bubble and it is ready for the table.

MRS. A. C. LITTLE.

TURNIP AND RICE SOUP.

Peel and wash as many turnips as desired and put them in a granite kettle with a lump of butter and sufficient water to allow them to simmer gently until tender. Pass through a fine hair sieve, return to the kettle, add a pint of rich milk and one-half cupful of cold boiled rice; season with salt, pepper and a pinch of sugar. Let simmer for twenty minutes; then stir in a lump of butter and one cupful of cream. Serve on croutons.

SANITARIUM.

RICE AND PEA SOUP.

Wash one teacupful of rice, put it into a granite kettle and allow it to boil gently until tender. Put one pint of young green peas into another saucepan and stew until tender. When both the above vegetables are cooked, throw them together and add one pint of hot water. Let boil, remove the pan to the side of the fire and stir in quickly the yolk of an egg beaten with one pint of cream. Season to taste with salt and pepper and a pinch of sugar. Pour over toasted brown bread cut in small squares.

MOTHER OF HEALTHY CHILDREN.

CREAM OF LETTUCE SOUP.

Wash well four small heads of lettuce, drain, chop, place them in a granite kettle with one-half cupful of butter and cook for four or five minutes, stirring lightly. Now add two quarts of water, and season with salt, pepper, a bunch of parsley and one-half cupful of well-cleaned uncooked rice; cover the kettle, and cook for forty minutes, then strain. Clean the kettle, pour the soup into it again and let it come to the boiling point. Add one pint of sweet cream; stir up and serve. MRS. J. ANDERSON.

CREAM TOMATO SOUP.

Take one can of tomatoes, one quart of fresh, ripe ones, one-half cupful of rice, two tablespoonfuls of butter and one tablespoonful of flour. Peel and slice the tomatoes and put over the fire in a granite kettle, with one quart of cold water. Let them heat gradually and then add an additional quart of cold water. When this boils, put in the rice, pepper, and salt to taste, and continue the boiling until the rice is tender; then stir in the flour and butter, one-half teaspoonful of baking soda and one pint of milk. Boil for a few minutes and serve. MRS. S. ANDERSON.

RICE AND TOMATO SOUP.

Put one-half pound of well-washed rice into a granite kettle with two quarts of water and boil until tender. Season with salt and a generous lump of butter. Move the kettle to the side of the fire and add one quart of tomatoes thoroughly cooked, strained and sweetened with a pinch of baking soda. Season with salt, pepper and a tablespoonful of sugar. Pour over toasted entire-wheat bread. ELIZA BRUBAKER.

HEALTH SOUP.

Cut four large onions into small pieces and put into a granite kettle with one-half cupful of butter. Toss over the fire for a few minutes. Now put in with the onions two stalks of celery cut into small pieces and some finely-shredded head of lettuce; stir these ingredients over the fire for twenty minutes, then put in one cupful of cold boiled rice, one pint of boiling milk and one of boiling water. Season the soup to taste with salt and pepper to let it simmer by the side of the fire for an hour. When done add one cupful of cream and one egg well stirred. Take at once from the fire and serve. MRS. C. DICKERSON.

NEW YORK SOUP.

A delicate soup is made of a quart of milk with a pinch of salt and a teaspoonful of sugar. Thicken slightly with four eggs creamed in two ounces of butter. Just before taking up stir in the yolks of two eggs.

Toast to a good brown, six circular slices of bread, sprinkle sugar lightly over and put them in the oven for a couple of minutes. Pour the soup over the toast and serve. MRS. QUINN.

QUICK POTATO SOUP.

Mash three cold boiled potatoes. Take a tablespoonful of butter and fry a teaspoonful of chopped onion in it. Then add one-half tablespoonful of flour. When the thickening is cooked add a pint of milk. Put this with the mashed potato and pass the mixture through a colander. Put this back on the fire and stir. Season with salt and pepper. When the soup is ready for the table sprinkle parsley over it. A BUSY MOTHER.

PEA SOUP.

A fine soup can be made by rubbing a can of peas through a colander to remove the skins, then adding water to a tablespoonful of Nut Butter so as to form an emulsion. Add this to the sifted peas, and enough additional water to make the soup of the proper consistency; season with salt and serve. Potato, bean, tomato, and other vegetable soups may be prepared in like manner and seasoned with Nut Butter. (Nut Butter can be procured at the grocers.) MRS. MINA COVERT.

CORN SOUP.

To one can of grated corn, one tablespoonful of salt, one-fourth teaspoonful of pepper add two quarts of sweet milk, butter the size of an egg, one cupful of mashed cold boiled potatoes and boil five minutes: serve with toast cut in dice. MRS. B. YEOMANS.

VEGETABLE SOUP WITHOUT MEAT.

Slice three medium-sized onions and three potatoes into one and one-half pints of boiling water; add one-half can of tomatoes, one-half can of peas, a piece of butter the size of a walnut, one tablespoonful of sugar and a little pepper and salt. Let boil one hour, roll out six soda crackers and serve. LIDA SMITH.

TOMATO SOUP.

Strain one can of tomatoes though a fine colander, add a pinch of soda (to offset the acid), one quart of sweet milk, a generous size of butter, salt and pepper; put over fire and boil fifteen minutes. Serve with crackers. JULIA ANDERSON.

TOMATO SOUP—No. 2.

Take three large, ripe, tomatoes, slice and put them over the fire in their own juice. When hot add a quart of milk and a pinch of soda. Salt and

pepper lightly. Add a piece of butter the size of a walnut and lastly pour cracker crumbs plentifully in, just before removing from the fire. Canned tomatoes can be used in the winter season. MRS. SUSAN STEVENSON.

IOWA POTATO SOUP.

Peel one dozen small potatoes and boil in one quart of water until done; mash and pour all through colander; then add one quart of sweet milk and one pint of beef broth; butter size of a small egg; season with salt and pepper. MRS. C. MCCARTNEY.

POTATO SOUP—A 1.

Pare and slice one quart of potatoes, wash and put them over the fire in one gallon of water; add two small onions (sliced), one large tablespoonful of rice, a lump of butter the size of an egg, and pepper and salt to suit the taste. When nearly done break in two eggs. Cook fifteen minutes. Very good for convalescents. MRS. L. A. HALL.

BROWN ONION SOUP.

Peel and cut in thin rings six large Spanish onions, fry them in butter till tender and brown. Then lay them on a hair sieve so as to drain off the butter. Put them in a kettle with five quarts of water, boil for one hour, stirring often. Then salt and pepper to your taste. Rub the crumbs of a roll or large tea biscuit through a colander and add to the soup, stirring all the time so as to keep it smooth. Boil two hours longer. Ten minutes before you serve it beat the yolks of two eggs with two spoons of the vinegar and a little of the soup. Pour it in by degrees, stirring it one way. MRS. JENNIE TORF.

LENTIL SOUP.

Take four carrots, two sliced onions, a chopped lettuce head, two ounces of butter, two pints of lentils, the crumbs of two French rolls and two quarts of stock. Put the vegetables, with the butter, into a stew-pan, and let them simmer five minutes; add the lentils, which should be soaked in cold water for two hours previous and a pint of the stock, and stew gently for one-half hour. Now fill up with the remainder of the stock, let it boil another hour and put in the crumbs of the rolls. When these are well soaked rub all through a wire sieve or tammy cloth. Season to taste with pepper and salt, boil up once more, and serve. Water may be used in the place of the stock, if desired; but in that case a cupful of milk, thickened with corn-flour, should be added just before the final boil.

P. E. F.

PEA AND VERMICELLI SOUP.

Prepare one quart of green peas that have been cooked and passed through a wire sieve. Put in a saucepan with one quart of milk. Boil separately two ounces of large white vermicelli for ten minutes in salted water. Drain, put with the soup, boil ten minutes longer, skim and serve.

MRS. MARY HOWE.

CHICAGO CORN SOUP.

Turn the contents of a can of sweet corn into a graniteware pan and mash thoroughly with a potato masher until every kernel is broken. Then rub through a colander. To the pulp thus left add sufficient nut soup stock liquor to make about three pints in all. Add a little salt and serve hot.

MRS. JENNIE BOYD.

VEGETABLE OYSTER SOUP.

Take eight bunches of vegetable oysters, seven or eight in a bunch, one cupful of sweet corn, and one-fourth of a pound of Nuttolene. This is a product compressed from nuts and can be found at all grocers. Cook the oysters until tender and press them through a colander. Rub the corn through the colander and the nuttolene through a fine sieve. Mix the corn and nuttolene together and add the oysters; add the liquor in which the oysters were cooked, with sufficient water to make it the consistency of soup, not porridge. Salt to taste. Heat from one-half hour to an hour. This makes five quarts of soup.

W. T. M.

PENNSYLVANIA PEA SOUP—No. 1.

Put one quart of full-grown peas in the saucepan with three pints of boiling water and a little mint. Leave the cover off the pan and boil rapidly until peas are tender. Remove the scum as it rises, press the whole through a coarse sieve and return to the fire, letting it boil up once more. To this add a lump of sugar and salt and pepper. Serve as hot as possible.

MRS. MARGERET EUSTIS.

CREAM OF CELERY SOUP.

In three pints of boiling water cook three cupfuls of celery, cut fine, until sufficiently tender to be rubbed through a sieve. One pint of milk thickened with one tablespoonful of butter and one tablespoonful of flour. Add celery salt, or extract, salt and pepper. Simmer ten minutes. A cupful of scalded cream added just before serving is an addition.

MINERVA.

ONION AND POTATO SOUP.

Take six potatoes, one onion, butter, three pints of water, one large tablespoonful of chopped parsley, the yolks of two eggs, pepper and salt. Fry the potatoes and onion in the butter. When slightly colored put them into the boiling water and add the parsley. Let it boil till the potatoes are quite soft, then press all through a colander. Return the purée to the fire and let it simmer for two or three minutes. When ready to serve have the well-beaten yolks ready and add a little of the soup to them, stirring all the time. When mixed add them slowly to the soup, with plenty of pepper and salt. Do not let the soup boil after adding the eggs.

MRS. MARTHA MANN.

SPLIT PEA SOUP.

Boil a pint of split peas in two quarts of water until quite tender, then add two turnips, one carrot, a stick of celery and some potatoes, all cut in pieces. When tender pulp it through a sieve. Cut a large onion in slices and fry it in butter and flour to thicken the soup. Season to taste. Serve with the soup pieces of bread fried crisp in butter.

MRS. LUCY FORD.

GREEN CORN SOUP.

Boil one pint of unripe green corn in water, until sufficiently tender, then pass through a sieve and mix it with a quart of nut-meal stock. Let all boil up together and serve in a tureen with toasted bread. A few young spinach leaves may be boiled with the corn to make it a brighter green.

MRS. A. WOLCOTT.

VEGETABLE SOUP.

Peel and slice six large onions, six potatoes, two carrots and two turnips; fry them in one-half pound of butter and pour on them four quarts of boiling water. Toast a crust of bread as brown and hard as possible and put it in with celery, white pepper and salt; stew gently four hours and strain it through a coarse cloth. Have ready thinly-sliced carrot, celery and a little turnip; add them to your liking and stew them tender in the soup. A spoonful of tomato catsup may be added.

S. A. STEVENSON.

CREAM OF BEAN SOUP.

One pint of soup stock, add two cupfuls of flaked beans and let boil three minutes. Melt two tablespoonfuls of Ko-nut in frying-pan, add two tablespoonfuls of flour, one-half teaspoonful of salt, one-quarter of a teaspoonful of paprica, ten drops of onion juice and one pint of milk slowly. When well mixed add the soup stock and serve.

M. ROBINSON.

BLENDED VEGETABLE SOUP.

Take two quarts of boiling water, add two tablespoonfuls of Ko-nut, one and one-half teaspoonfuls of salt, one-quarter of a teaspoonful of celery salt, two teaspoonfuls of Worcestershire sauce, one-quarter of a teaspoonful of paprica. Then add slowly one cupful each of flaked beans, peas and rice. Boil ten minutes and serve with shredded wheat croutons.

MYRTLE ROBINSON.

CUCUMBER AND GUMBO SOUP.

Take six cucumbers, six ounces of bread-crumbs, four ounces of gumbo, one ounce of parsley and six ounces of sweet cream. Pare and slice the cucumbers, chop the gumbo and parsley into small pieces and stew them gently three-quarters of an hour, stirring occasionally; then pour in two quarts of boiling water; add the bread-crumbs and cream and let the whole stew two hours. If the soup is then too thin, dredge in a little flour and boil ten minutes longer. A. M. K.

ASPARAGUS CREAM SOUP.

Cut off the ends of the asparagus for about two inches and boil the rest till tender. Rub the vegetable through a very coarse sieve and salt the pulp. Boil a pint of milk, mix one-half teaspoonful of butter with one-half teaspoonful of flour and stir into the milk. Add the asparagus and boil about ten minutes, keeping it agitated. Meanwhile boil the ends for about fifteen minutes, drain them, and place them in a soup tureen. Add two tablespoonfuls of cream to the soup and pour it into the tureen without boiling again. Serve at once. MRS. L. J. FARMER.

CORN AND ONION SOUP.

Take a large can of corn and about three pints of water and two slices of onion and let it boil until the corn can easily be passed through a colander. Have ready two and one-half cupfuls of boiling milk into which has been stirred one tablespoonful each of butter and flour creamed together, salt and pepper, celery salt if you like, and one teaspoonful of sugar. Mash the corn through the colander and add it to the milk. Let all cook a few minutes and then serve. R. E.

GRAHAM SOUP.

Take three onions, three carrots, four turnips, one small cabbage, one head of celery, one pint of stewed tomatoes (canned will do), a small bunch of sweet herbs, one tablespoonful of butter, one-half cupful of milk, thickened with corn-flour, pepper and salt, three quarts of water. Chop all the vegetables, except the cabbage and tomatoes, very fine, and set

them over the fire with rather over three quarts of water. Simmer gently for one-half hour, at the end of which time the cabbage must be added, having previously been parboiled and chopped. In fifteen minutes put in the tomatoes and a bunch of sweet herbs and give all a good boil for twenty minutes longer. Put through a colander; return the soup to the fire; stir in a good tablespoonful of butter, pepper and salt, one-half cupful of milk, thickened with corn-flour; let it boil up, and it is ready for the table. H. F. L.

VERMICELLI SOUP.

Break six ounces of vermicelli in pieces. Boil until nearly cooked in boiling water and salt. This will take fifteen minutes. Add it when well drained to twelve gills of boiling nut-meal stock. Boil till done, about one-half hour in all. L. S. E.

DRIED PEA SOUP.

Take a pint of dried peas and three quarts of water, six large onions, outside sticks of two heads of celery, a small bunch of sweet herbs, two carrots. Boil all these vegetables together till they are soft and tender. Strain them through a hair sieve, pressing the carrot pulp through it. Then boil the soup well for an hour with the best part of the celery, a teaspoonful of pepper, add a little dried mint and fried bread with a little spinach. Mrs. Elsie Schultz.

CREAM OF CELERY—No. 2.

Trim a head of celery and boil in one pint of water for thirty-five minutes; boil a small onion finely cut in one pint of milk; mix one tablespoonful of flour with two tablespoonfuls of cold milk, add to the onion and milk and cook in a double boiler for ten minutes. Mash celery in the water in which it has been cooked, mix it into the boiling milk, add one tablespoonful of butter, one cupful of rich cream and season with pepper and salt to taste. Strain and serve immediately.

Cora Hampton.

CORN CHOWDER.

Scrape one dozen ears of sweet corn from the cob and put it in a granite kettle with enough water to cover; let boil twenty minutes, skimming off the corn as it floats on the top; pare one-half dozen potatoes, cut into slices, then mash and put into water to scald. Fry an onion in a piece of butter and put into a saucepan with the corn water. Now put the potatoes and corn, first seasoning with salt and pepper, on the fire and let simmer for fifteen minutes or until the vegetables are tender. Put in one tablespoonful of butter and one pint of milk and boil up again. Serve hot with salt wafers. Mrs. C. I. Addison.

CREAM OF LENTILS.

Soak two cupfuls of lentils in cold water for several hours, then place in a granite kettle over a slow fire with two quarts of water, one carrot, one onion, three whole peppers, a bunch of parsley and salt to taste. Cook for one hour and rub through a sieve; put some buttered toast in the tureen, pour over the purée and serve. A VEGETARIAN.

CREAM OF CHESTNUT SOUP.

Boil in white broth a pint of steamed chestnuts; when tender mash fine, pass through a sieve, add some good cream and season. If not thick enough add a little flour and butter mixed. Serve hot.

MRS. MIRA MADISON.

ONION AND CELERY SOUP.

One cupful of celery and two onions finely chopped; cook with one quart of water until very tender; then add one quart of rich milk; season with butter, salt and pepper; serve hot. FRANCES I. WILLARD.

PLAIN ASPARAGUS SOUP.

Take one quart of asparagus, cut in inch-lengths and boil in one quart of water until tender; rub through a colander and return to the water; add one pint of milk, one teaspoonful of butter rubbed with one teaspoonful of flour and cook five minutes. Season with salt, pepper and butter. Serve hot over toasted bread cut into dice. INA M. WEBBER.

SAGO SOUP.

Heat to boiling point two quarts of beef, sprinkle into it very gradually one-half cupful of sago; boil five minutes, then set the kettle in a double boiler for one-half hour; skim; serve hot.

CHEF AT GRAND PACIFIC HOTEL.

SAGO SOUP—No. 2.

One-quarter of a pound of the best pearl sago, washed till the water poured from it is clear; then stew it quite tender in water or thick broth (it will require about one quart of liquid, which should be poured on it cold and heated very slowly); then mix with it a pint of good, boiling cream and the yolks of four eggs, and mingle the whole carefully with two quarts of strong veal or beef stock, which is already boiling.

PALMER HOUSE

BISQUE OF TOMATO.

One part stewed and strained tomatoes; two parts boiling water, a little soda; season with salt, pepper, celery salt and very little onion. Heat thoroughly. Take from stove and stir in enough sweet cream to turn soup as white as desired. Flavor with very little powdered mace and serve at once. H. B. Y.

IONIA PEA SOUP.

Add one quart of dried peas to five of water and boil four hours. Cut up three large onions, two heads of celery, one carrot and two turnips and add to the boiled peas and water. Season with salt and pepper. Boil two hours more, thinning with water if necessary. Strain and add one tablespoonful of butter. Serve hot with dice of toast.

Mrs. Mary Covert.

PURÉE OF VEGETABLE SOUP.

Cut one-eighth of a cabbage, one carrot, one potato, one-half turnip, one-half onion and some celery. Put them into a saucepan with two or three quarts of water. Salt to taste and boil one and one-half hours. When ready to serve add one glassful of cream or milk, one tablespoonful of butter and toast squares. C. B. Preston.

MINNESOTA BEAN SOUP.

Soak the beans over night, and, in the morning, pour off the water, replacing it with fresh water; set on the fire until the skins slip off easily; now throw them into cold water and rub well, when the skins will rise to the top and can be removed. Boil the beans until perfectly soft, allowing two quarts of water to one quart of beans; mash the beans and add flour and butter rubbed together, seasoning with salt and pepper to taste. Pass the soup through a colander, rubbing all the thick portion through with a wooden spoon, and put into it before serving toasted bread cut into small pieces. Mrs. H. Hoover.

TOMATO SOUP WITH ONIONS.

Slice two onions and fry them in butter until brown; remove them and fry one dozen tomatoes just sufficient to heat them through, then put them into a stew-pan with their gravy and the onions; add a head of celery and a carrot sliced; stew gently for one-half hour, add three pints of gravy; stew one and one-half hours; pulp the whole of the vegetables through a sieve; season with white pepper, salt and cayenne. Serve with sippets of toasted bread cut in shapes. Mrs. C. I. Thurston.

MOCK BISQUE SOUP.

A quart can of tomatoes, three pints of milk, a large tablespoonful of flour, one of butter; pepper, salt and soda. Put the tomatoes on to stew adding a teaspoonful of soda. Boil milk in a double boiler except enough to mix with the flour. Add the cold thickened milk to boiling milk and cook ten minutes. Add butter, pepper and salt, and then the tomatoes (strained). Serve immediately. ANNA DICKERSON.

POTATO SOUP—No. 3.

Take four large potatoes, pare and slice thin. Put them into salt water and let stand five minutes, then put them into a soup kettle to boil. When done put in a piece of butter as large as an egg and season with salt and pepper. Just before serving stir in one egg well beaten. Cook five minutes and serve. MRS. A. MARSELL.

POTATO SOUP—No. 4.

To one quart of water use one onion sliced fine and ten large potatoes sliced fine; boil until tender, say thirty minutes, then add one cupful of sweet milk, one tablespoonful of flour stirred with a lump of butter the size of a walnut and salt and pepper to taste. Serve hot.

MRS. ST. CLAIR.

CELERY AND POTATO SOUP.

Chop fine enough celery to make three cupfuls. Cook until tender in a little boiling water. Have heated one quart of sweet milk, add the cooked celery, salt to taste. Thicken with a little flour rubbed smooth in a lump of butter. Add a cupful of mashed potatoes. Let it get very hot. MRS. R. T. BROWN.

CREAM OF VEGETABLE SOUP.

Take the vegetables left from a boiled dinner (or fresh ones boiled until tender in salted water). Mash them through a colander, add as much milk as you need for your family, salt, pepper, celery, salt, a slice of onion, and let it come to the boiling point, then add one tablespoonful of each of butter and flour creamed together. When thoroughly cooked serve at once. MRS. R. T. CROSS.

WITH the revolution in various departments of household economics and an awakening as to what substances are injurious and what harmless, has come a cry against the use of Lard in cooking. For years, physicians have tried to convince the public that lard was indigestible; but its use has gone on; not entirely because the people have wanted to use it, but because the substitutes which have been tried, have proved a failure. Indeed, some have been quite as hurtful as the article which it was intended to displace, and so unpleasant in taste as to force people to turn back again to lard. But all these experiments have led to further search and at last it looks as if a substitute had been found which meets the requirements. Besides the merit of being a pure vegetable fat, it is pleasant to the taste and easy of digestion. Ko-nut is a pure, sterilized oil, made from fresh sweet cocoanut. It will seem at first, to those using it, a trifle more expensive than lard, but it is, after all, quite as economical, for not more than two-thirds as much is required to make a given recipe, as of butter or lard. For frying, shortening, and cooking, it replaces butter, is not easily scorched, neither is much absorbed in the cooking. It is now put up in pails similar to lard and has excellent keeping qualities as well as high shortening powers. Being comparatively new, it may not as yet be found at all grocers. Ask your grocer to get it for you.

Miss Myrtle Robinson, a demonstrator in the new cooking school kindly furnishes us many recipes in the following pages, which, according to my opinion, are unsurpassed. I quote here an extract from the Chicago Times-Herald:

"An event of uncommon interest occurred at Evanston this week in the series of cooking lessons and lectures given by Miss Myrtle E. Robinson, of Boston, a graduate of the New Era Cooking School, of Worcester. Mass. Miss Robinson is tall, quiet and engaging in personality. She spoke with grace and easy flow of pure English, which, with the thorough mastery of her subject, gave a charm that was irresistible, while at the time she created new editions of pies, sandwiches, salads, jellies, and divers dainties with such deft, precise and faultless motions as completely to fascinate the eye and ear, holding all listeners as by a charmed spell. The knowledge given of properties and building power of different

articles of common food was of great value to the wives and mothers, because it was so practical and will be so helpful in selecting a diet that will fit the body of each member of the family for the work of brain, nerve and muscle. The directions for making each dish, with minute details of kind, quality and strength of ingredients, the best way to prepare them, the exact way to measure quantities, the length of time for cooking and all the small points were carefully given, to the delight of our hearts, and all the while the creation advanced and finally appeared in its (one is tempted to say) poetic beauty, for indeed the finished product was 'a thing of beauty,' and 'the proof of the pudding' was not lacking in the eating. The attendance increased each day and those coming the last day regretted their absence previous days."

CEREALS & FARINACEOUS DISHES

THE NUTRITIVE value of cereals when cooked properly makes them nearly a perfect food.

First in the list, from a nutritive point, comes wheat. Oats possess more nitrogenous matter than any other grain, and that gives strength to the system. Oats are also flesh-formers. Corn, rye, rice and barley are cereals widely adopted as breakfast foods.

There is a large number of these foods sold in packages, with directions as to the length of time they should be cooked. But in nearly every case they need longer boiling, and if the time for cooking them were extended, they would be much more digestible.

GRAPE NUTS.

For nervous people and brain workers no cereal is better for breakfast than Grape Nuts. It can be obtained of any grocer. Directions for use are on each package. MRS. GREGORY.

CORN FRITTERS.

Boil a dozen ears of corn, or more than are needed for dinner, and while warm scrape them with the corn cutter, and put the corn in the refrigerator until morning. To two coffee-cupfuls of corn add two or three well-beaten eggs, three tablespoonfuls of cream or new milk and a small teacupful of flour, with a little salt. Drop in spoonfuls into hot fat and fry a light brown. Or else cook them on the griddle iron like any other cakes. MRS. LUCY BLANCHARD.

CORN FRITTERS—No. 2.

Six grated ears of corn or one can of corn strained through a colander and chopped. Add one cupful of milk, a generous pinch of salt and a teaspoonful of baking-powder stirred into two-thirds cupful of milk; two eggs not beaten, but stirred in well; drop by the spoonful into boiling fat and drain on paper. Serve hot. J. E. A.

NOODLES BAKED.

The paste for noodles is composed of eggs and flour. Boil a sufficient number of them, drain and cover them with cold milk in a stew-pan. Add an ounce of butter, two ounces of grated cheese, and pepper and grated nutmeg. Turn them over the fire several times, then pile them on a hot dish, cover them with grated bread-crumbs and brown them in a quick oven. Serve hot. MRS. LYDIA FAY.

PATTIES OF RICE.

In a saucepan put one-quarter of a pound of rice that has been washed carefully through three or four waters, cover it with white stock and boil slowly till the rice has absorbed all the liquid. Add a little milk to give the rice a white appearance. Grate Parmesan cheese and add it to taste, and when the rice begins to be jellied, turn it into a dish, making it two inches thick. Cut the patties out with a round biscuit cutter.

MRS. E. LOCKE.

RICE MUFFINS.

Mix six cupfuls of rice flakes, one and one-half cupfuls of flour, one teaspoonful of salt, four level teaspoonfuls of baking-powder, one tablespoonful of sugar, two eggs well beaten, two cupfuls of milk, two tablespoonfuls of melted Ko-nut. Bake twenty-five minutes.

MYRTLE ROBINSON.

FLAKED RICE FRITTERS.

Take four cupfuls of flaked rice, one cupful of flour, two level teaspoonfuls of baking-powder, one-half teaspoonful of salt, one-fourth teaspoonful of paprica, one egg, one cupful of milk. Drop by spoonfuls into hot Ko-nut and fry five minutes. MYRTLE ROBINSON.

RICE CROQUETTES.

Put two cupfuls of rice into a saucepan with plenty of water and boil until soft. Take up a little at a time in a spoon, roll it into a pear-shape and dip them into egg and bread-crumbs, fry carefully in boiling fat or Ko-nut, drain and place them on a napkin, garnish neatly with parsley and serve. B. A. P.

FRUIT BISCUITS.

Mix graham flour with just enough of scalded figs—previously washed—to make an adherent dough by much kneading; roll or cut into biscuits one-half inch thick, and two or three inches square; bake in a quick oven.

E. S. F.

SAGO PORRIDGE.

Soak four tablespoonfuls of sago ten minutes in a quart of cold water. Boil it gently one hour and season with a little sugar. Pour it into the soup plates. G. N. R.

FARINA GRUEL.

This is very nutritive. A nice gruel which strengthens is made by the addition of two tablespoonfuls of farina to a gill of water. Pour very slowly on the mixture a quart of boiling water, stirring thoroughly and boiling ten minutes. MRS. KATE COLLINS.

CORN-STARCH BLANC MANGE.

Dissolve one-half pound of corn-starch in a pint of *cold* milk; then put it into three pints of boiling milk; and boil very moderately five or six minutes. L. F. T.

CORN-MEAL MUSH.

Sift with one hand into two quarts of boiling water enough corn-meal to make a thick gruel. Stir it till all the lumps are smoothed out. Set it on the back of the range and let it cook a couple of hours. Use cream, or butter and sugar on it. F. E. P.

TO FRY CORN MUSH.

Boil the corn-meal the day before, and put it in a deep square tin with straight sides. This makes the slices look even when cut. Have the slices all of one size. Roll each one in egg and flour and fry in Ko-nut oil. They must be turned, so as to have a crust on both sides.

MRS. P. PFENNIG.

TO STEAM RICE.

Rice should be cooked so as to leave the grains whole, consequently it should be first washed through cold water several times, or until that floury substance is washed off. Then take a cup of rice and put it in a pan with three cupfuls of cold water. Put it in a steamer and cook one hour. If it thickens too much add boiling water. Have a fruit sauce to eat with it, warm. L. C. A.

RICE CUTLETS.

One-fourth of a pound of rice, one-half pound of cold meat, one onion, one-fourth pound of bread-crumbs; boil the rice and strain it, chop up the meat and onions small, and mix with rice; sprinkle one salt-spoonful of salt and one-fourth salt-spoonful of pepper over it; mix well together,

with just a little milk to make a paste; let the mixture set on a plate; cut into the shape of mutton cutlets; dip in egg and bread-crumbs. Fry a golden brown; serve with tomato sauce. M. E. M.

CORN BREAD MADE WITH KO-NUT.

One quart of sifted yellow or white meal, three cupfuls of buttermilk, one teaspoonful of soda, one-half cupful of molasses, one egg, three teaspoonfuls of Ko-nut, one tablespoonful of flour and a pinch of salt. Stir well and bake in a moderate hot oven one hour. E. E. A.

BAKING-POWDER BISCUIT.

Mix four cupfuls of pastry flour, eight level teaspoonfuls of baking-powder, one teaspoonful of salt. Mix into this with tips of fingers four tablespoonfuls of Ko-nut, then moisten with one and one-half cupfuls of milk. Roll three-fourths of an inch in thickness, cut and bake in hot oven ten minutes. Myrtle Robinson.

STEAMED FIG PUDDING.

Take two cupfuls of shredded wheat biscuit crumbs, one-half cupful entire-wheat flour, one-half package of fig mince, one-fourth teaspoonful each of salt, allspice and cinnamon, one-third cupful of molasses and one-half teaspoonful of soda mixed, also one cupful of cold water, two tablespoonfuls of melted Ko-nut. Steam this pudding till done. The shredded wheat can be obtained at all the leading grocery stores.

Myrtle Robinson.

SHREDDED WHEAT CROUTONS.

Spread shredded wheat biscuit with Ko-nut, cut into fourths crosswise and toast until brown. Serve hot. Myrtle Robinson.

KO-NUT MUFFINS.

One egg beaten light, one teaspoonful of sugar, two-thirds cupful of milk, one teaspoonful of melted Ko-nut, two teaspoonfuls (level) of baking-powder and flour enough to make a batter not too stiff. Mix thoroughly the baking-powder and salt with the flour. Stir the beaten egg, sugar and milk together; add the melted Ko-nut then the flour. Turn into gem pans and bake at once in a hot oven ten minutes. H. F. L.

SALLY LUNN.

Three eggs, a third of a cupful of Ko-nut, a cupful of brown sugar, a cupful of milk, a cupful of yeast, a pint of flour and nutmeg. Make these up at ten in the morning to use for tea in the evening. E. S. C.

WHEATEN GRITS.

Put two cupfuls of grits in a kettle with water to cover, and a little salt. Set on the fire, stir occasionally but do not let it scorch. It requires an hour to do it to perfection. Serve in a vegetable dish with milk and sugar at hand. D. I. P.

WHEAT-MEAL WAFERS.

Mix unbolted flour with cold water into a thin dough. Shape this dough into small round cakes, one-sixth of an inch thick. Bake in a range oven rather slowly. A. C. F.

RICE GRIDDLE CAKES.

Soak over night one quart of cold boiled rice in five gills of milk; the next morning add one quart of milk and stir in nearly as much flour, and two eggs well beaten. Bake on a soap-stone griddle. Fine bread-crumbs or rusked bread mixed with the rice, improve this cake. M. H. N.

RICE DODGERS.

Boil soft one-half pound of rice in salted water; when cold add one egg, one-half cupful of sugar and one-half package self-rising flour. Soak a slice of bread in water, drain and take off the crust; mix well with the rice and cook by dropping a spoonful at a time in boiling lard or Ko-nut. The dodgers must not touch the bottom of the pot. Serve with hot coffee. GRETA M. T.

CRACKED WHEAT.

To four small cupfuls of boiling water stir in one cupful of cracked wheat and a scant teaspoonful of salt. Boil in double boiler two hours; serve hot for breakfast or pour into a mold and serve cold, with cream and sugar for luncheon. LILLIE.

RICE CAKES.

Two ounces of flour, four ounces of ground rice; mix the flour and rice together while in its dry state; four ounces of sugar, two ounces of butter, two eggs, one-half teaspoonful of baking-powder, a pinch of salt. Cream the sugar and butter, add one-half the flour and one egg, then the remainder of flour, egg and baking-powder; grease some gem pans, fill two-thirds full with the mixture; bake fifteen minutes.

MRS. PHILANDER.

HOT CEREAL ROLLS.

Mush, or any cereal that can be warmed over, will make nice rolls. Add graham flour to form a stiff dough. Knead it very little, cut it into shape of rolls and bake quickly. If the mush was of corn-meal fine white flour may be added. H. F. L.

A BREAKFAST SHORTCAKE.

Take a teacupful of sweet milk and two spoonfuls of rich sweet cream. Add salt and stir in a spoonful at a time of coarse flour or "shorts." When quite thick knead in fine flour till it will roll nicely. Roll out less than one-quarter of an inch thick. Place quickly in buttered pans and bake in a quick oven. It is to be eaten hot and is nice for breakfast on a cold morning. MRS. M. PALMER.

BANNOCKS.

Two teacupfuls of oatmeal or barley meal sifted with two teaspoonfuls of baking-powder; add to two beaten eggs one tablespoonful of sugar and one pint of milk with a little salt, sifting in the oatmeal. Bake on a griddle. M. V. M.

CORN-MEAL MUSH.

Put two quarts of water into a kettle, let it come to a boil; now add a tablespoonful of salt and sift in through the fingers of the left hand fresh yellow corn-meal, a handful at a time stirring constantly with a pudding stick, with the right; continue to stir and add meal until it is as thick as you can stir easily; stir it a while longer; let it cook at least twenty minutes and it is ready for the table. To be eaten with milk.

MARTHA HIGBEE.

FRIED MUSH.

Prepare as above, pour into a mold and when cold slice and fry in drippings to a golden brown. Serve for breakfast with maple syrup.

MARTHA HIGBEE.

GRAHAM MUSH.

Make same as corn-meal mush; sift the flour and stir it gently into boiling water, stirring it all the time. M. H.

PETTIJOHN MUSH.

This is a breakfast food which can be procured at every grocery. It is excellent and appetizing; easy to make. Rule for making on each package. MRS. WHITE.

CRACKED WHEAT—No. 2.

Soak about one quart of cracked wheat over night in cold water. Then cook thoroughly in water slightly salted, using only the amount of water that the wheat will absorb. EMMA B.

OATMEAL.

Use about one cupful of oatmeal to each quart of water. Salt and cook in a double boiler until thoroughly done, or if preferred it can be steamed. JULIA MILLER.

RICE.

Rice is said to be the most healthful food known to man. Even the sick can eat it where nothing else agrees. The simplest and easiest way to prepare it is to wash and put over the stove in plenty of cold water. Salt slightly and cook till tender; serve with cream and sugar.

JULIA SMITH.

BOILED HOMINY.

Wash a quart of hominy in cold water and then soak twelve hours in tepid water; put it over a slow fire with the water in which it has been soaking, and boil gently for five hours, adding more water from time to time. Do not add salt while cooking but season when it comes from the stove. Y. C.

HOMINY CROQUETTES.

Take one pint of hot cooked hominy, one tablespoonful of hot milk and the yolk of an egg. Beat all together, season with salt and let stand till cool. Shape the mixture into croquettes, then roll them in bread-crumbs and fry in Ko-nut to a golden brown. Drain, lay them on a napkin and serve. A. T. O.

FRIED HOMINY.

Stir together some cold boiled hominy, one egg well beaten, one tablespoonful of melted butter and a small quantity of milk. Heat over a slow fire and turn into mold and dredge lightly with flour. When cold slice, put a lump of Ko-nut into a flat stew-pan and when hot put in the slices and fry until brown. Drain, pile on a dish and serve with maple syrup. C. A. I.

BAKED MACARONI.

Break up one-half of a box of macaroni into small pieces and put into a saucepan with boiling salted water. When tender drain and put it into a stew-pan. Add a little pepper and salt, add one-fourth pound of butter, three ounces of grated cheese and pour into a baking-dish. Sprinkle with a little more cheese and bake for thirty minutes. E. J. C.

MACARONI WITH TOMATOES.

Break one-fourth of a box of macaroni in lengths about two inches, plunge them into a saucepan of boiling salted water and boil for twenty-

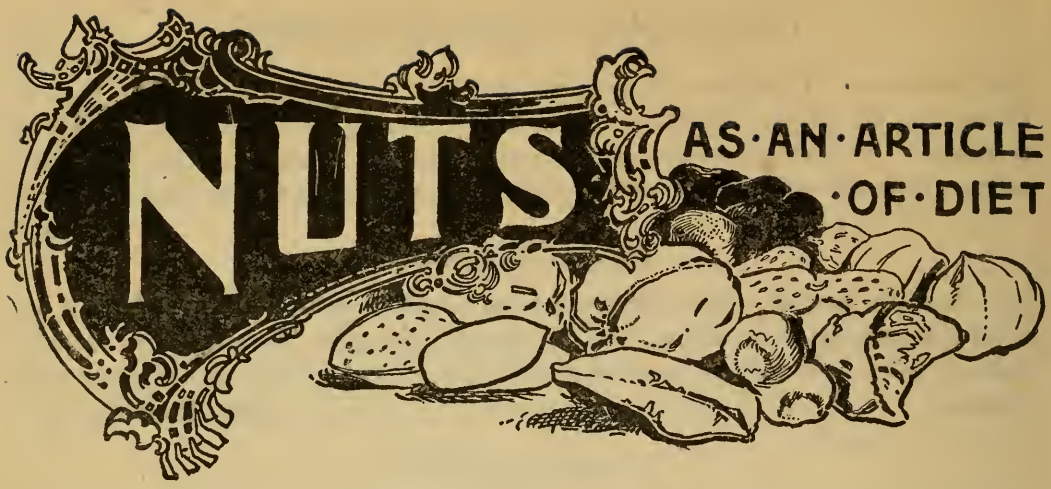
five minutes. Take out, drain, and put them in a baking-dish; mix in one ounce of grated Parmesan cheese, one teacupful of stewed tomatoes, a lump of butter and salt and pepper to taste. Place the dish in a slow oven, allow the mixture to simmer gently for thirty minutes and serve.

G. D.

BOILED MACARONI.

A plain way to cook macaroni is to break it into inch-lengths and lay it in a saucepan containing boiling water and salt. It cooks in twenty-five minutes. It makes a good-sized dish. To be eaten for dinner with cream.

MRS. R. ELLISON.



THE CRAVINGS of the human palate are changing very essentially. Once, nuts were regarded as a luxury, a dainty only to be used between meals, or something for the children on extra occasions; but to-day they are looked upon as an assistant to the forces of nature in imparting nutriment. They produce heat and form flesh. They take the place of meat and are subject to no adulterations. They yield bounteously under cultivation and have become one of the most important articles of commerce.

By some scientists they are regarded as superior to meat and the fact that they can be used in so many forms in the culinary department recommends them to the housewife who is always ready to extend her repertoire of choice foods.

The chestnut was a prominent article of food among the ancients, and is to-day made into bread in many countries. The peasantry of the south of France make a daily dish of boiled chestnuts and milk and thrive upon it.

Flour made from the peanut is found to be more nutritious than that ground from any of the cereals; butter made from it (peanut butter) is also becoming a staple article of commerce and is used by vegetarians instead of butter made from cow's milk.

It is certain that a gain in flesh is observed where nuts compose the main article of diet. It is said by some that nuts are heavy and clog the system. The reason for this complaint is that they are usually eaten after a meal that is already too heavy. Another reason, some people cannot thoroughly masticate them. This brings into prominence their value when they are ground and cooked, and the fact that they afford a nearly perfect substitute for animal foods. There are several delicious products

"When the cat is away, the kittens will play
CORN STARCH PUDDING WITH CANDIED CHERRIES.
CHARLOTTE RUSSE
ICED FRUIT
BLANC MANGE
WITH FLORAL DECORATIONS
JELLY MOLD WITH GRAPES
First lessons in making Ice Cream.

DELIGHTS FOR THE OLD AND YOUNG.

Directions for the above are all contained within this book.

PICNICS AND LUNCHEONS.

The recipes for making the above dishes and hundreds of others are contained within this book.

formed from nuts which can be procured at all the groceries. We append a few of the best ones with recipes for their preparation.

NUT BUTTER.

This butter is a thoroughly sterilized product of edible nut meats, a more than perfect substitute for butter, as it makes blood as well as fat. Makes a perfect emulsion with water. It is recognized as a great delicacy wherever used. Keeps perfectly. Put up in tins of different sizes.

Place the desired quantity of nut butter in a bowl, add a few drops of water and beat with a fork until smooth. For nut cream, prepare the same as above, add a little more water until of the consistency desired. For nut milk add four or five parts of water to one of nut butter.

W. T. M.

NUT LOAF.

Three cupfuls of stale bread-crumbs, one and one-half cupfuls of chopped hickory nuts, one and one-half cupfuls of seeded raisins, one-half teaspoonful of salt. Mix, adding sufficient hot water to moisten. Cover and let stand ten minutes. Add one cupful more of hot water and turn into buttered pan. Bake one and one quarter hour in moderate oven and serve cold. A. A. C.

NUT LOAF—No. 2.

The most delightful combinations may be made with left-over foods combined with bread-crumbs, soups, nut preparations, with or without tomato or browned flour. The seasoning may be varied with onion, mint, thyme, sage, savory, marjoram, caraway, celery seed or leaves or stalks. In using protose, take equal quantities of that and very dry but not too fine bread-crumbs (if they are moist, twice the quantity will be required), chopped onion, and a trifle of mint (not over one-eighth of a teaspoonful to a good-sized loaf), with a little strained tomato, and water and salt. The mixture should be quite dry, after standing a few minutes for the crumbs (if dry) to become moistened. It should not seem watery when pressed together with the hand, but should be just moist enough to hold together; if too moist, the loaf will be solid and soggy when baked; or if not baked long enough it will be too soft to slice nicely. When prepared, press the mixture into an oiled, brick-shaped tin and bake in a moderate oven about one hour, or until it feels rather firm when pressed with the fingers. Loosen the sides, turn out on a board, and slice carefully with a thin, sharp knife. Serve with brown gravy or tomato sauce. E. J. S.

NUT SOUP.

Break into small pieces one cupful of hickory and almond nuts of equal amounts. Simmer in two pints of water seasoned with one-half teaspoonful of salt, a slice of onion and two stalks of celery. When tender add one cupful of rich milk or cream. This soup may be strained or not, as desired. H. O. C.

NUT SOUP—No. 2.

Simmer a pint of Lima beans gently in just sufficient water to cook and not burn, until they have fallen to pieces. Add more boiling water as needed. When done, rub the beans through a colander. Add nut soup stock to make of the proper consistency and salt to season. Reheat and serve. White beans may be used in place of Lima beans, but they require longer cooking. A heaping tablespoonful of sago, previously soaked in cold water, may be added to the soup when it is reheated, if liked, and the whole cooked until the sago is transparent. F. M. P.

NUT CROQUETTES.

Steam one-half cupful of well-washed rice in one cupful of water with one-fourth teaspoonful of salt for one hour or until tender. Add to this an equal bulk of dry simmered protose, one egg and salt to taste; shape, roll in fine bread-crumbs; bake twenty minutes in a moderate oven. If liked one tablespoonful of chopped parsley or celery may be added before shaping. Protose as it comes from the can chopped may be used if preferred. H. F. L.

ALMOND PUDDING.

Soak three tablespoonfuls of finely-grated bread-crumbs in milk. Add one-quarter of a pound of blanched and pounded almonds, a piece of butter the size of an egg melted in a pint of new milk, sugar to taste, a teaspoonful of grated lemon-rind, a little nutmeg and three eggs well beaten. A glass of wine may be added if approved of. Place in a pudding dish lined with paste, and bake in a moderate oven.

MRS. SARAH BULLARD.

PEANUT BEANS.

A dish closely resembling baked beans is afforded by taking the Virgina shelled raw peanuts. Pour boiling water over them and boil for five minutes. When cool slip the brown skins off, with the fingers. Put in the bean pot about one and one-half teaspoonfuls of salt to each pound of nuts and a large quantity of boiling water. Let them boil fast for one hour or so, then place them in a slow oven where they will gently simmer

for from eight to fourteen hours. If the water evaporates, add boiling water and let it settle through them without stirring them. They should be slightly juicy when done. MRS. ADELAIDE HAIGH.

Salted nuts are served with dinner, and are eaten at any time during the meal.

PROTOSE ROAST WITH BROWN GRAVY.

Put alternate layers of sliced protose and finely sliced onion, with salt, in a small tin or dripper. Cover with water and bake slowly for two or three hours, adding water as required. When ready to serve, remove the protose from the tin, add more water to that left in the tin, if necessary, and thicken with a mixture of brown and white flour stirred up with water. This may be served with peeled baked potatoes, or the potatoes may be baked with the protose. I. T. O.

WALNUTS.

Put large, sound nuts into an earthen pan, and pour over them as much cold water slightly salted as will cover them. Leave them until the next day and rub them dry before using them. They make a good dessert. E. F. I.

PRESSED PROTOSE LOAF.

Break up protose slightly with a fork, add salt, a very little sage, and, if necessary, a little water to make the protose hold together. Pack it into an oiled tin, put a weight on it, press firmly, and let it stand in a cool place several hours. When ready to serve, run a knife blade around from the edge of the tin, turn the contents out carefully, slice with a thin, sharp knife, and serve with onion points, cranberry sauce, jelly, or celery. A little Nuttolene may be used with the protose. Minced yolks of hard-boiled eggs are an improvement in the loaf. Seasoning with celery salt and a little lemon juice instead of the sage, salt and water makes another variety. Minced onion with or instead of the sage gives a different dish. This may be broiled before serving if desired and served with sour-apple sauce. C. A. T.

SOUR SALAD DRESSING.

Rub two slightly rounded tablespoonfuls of peanut or almond butter smooth with two-thirds of a cupful of water (the half-pint cupful sold in stores), according to directions for preparing the nut butter for bread Let this cream boil up for a moment over the fire. Remove from the stove, add one-half teaspoonful of salt and two tablespoonfuls of lemon-juice. Cool, and it is ready for use. If too thick, it may be thinned with a little lemon juice or water. More salt and lemon juice may be added if desired.

By using a scant cupful of strained stewed tomato in place of the water in the above, with the almond butter, we have a palatable and very pretty dressing. A. P. V.

NUT BUTTER SANDWICHES.

Cut a loaf of bread in two in the center, spread the cut surface of each half with nut butter, and sprinkle with salt if desired. Cut off a thin slice from each half with a sharp knife, and lay the two spread surfaces together. Continue to spread and cut the slices until you have the required number of sandwiches. Thin slices of protose, or a lettuce leaf with salad dressing, or both, may be laid between the slices. U. P. A.

SALTED ALMONDS.

Blanch the almonds by putting the meats in boiling water, let stand a few moments. Remove the hulls and dry the nuts. Put about a teaspoonful of butter in a long flat tin, and when it melts put in the nuts. Sprinkle a little salt over them, and let them brown, stirring often. Be careful not to let them brown too much. Take them off, put on a paper to absorb the fat and sprinkle well with salt. W. F. A.

SALTED PEANUTS.

The peanuts must be shelled and blanched. Put them in a pan with a little butter and fry them quickly. Remove them to a colander and sprinkle them with fine salt, shaking them constantly. They may be served in little trays at each plate. E. J. A.

SALTED PISTACHIO NUTS.

Pistachio nuts salted are so expensive an item, but such a picturesque addition to the table that one should learn how to prepare them at home Take a cupful of the shelled nuts, blanch them and after removing the skins stir in some salt and a little sweet oil—perhaps a tablespoonful. Let the nuts stand for one-half hour, then put them in an oven to become crisp, but not too brown. They should be served in a tinted china dish that harmonizes with the color of the nuts, or in a bonbon basket of filigree silver. A few chopped pistachios scattered thickly over a charlotte russe add to the appearance and flavor of the dessert. A. C. F.

PEANUT POUND CAKE.

Three large or four small eggs, a scant cupful of granulated sugar, one tablespoonful of lemon juice, one tablespoonful of ice water, one cup of sifted nut meal, one-half cupful of sliced citron, if desired, one-half to

two-thirds of a cupful of pastry flour, sifted once before measuring; salt. Have the ingredients as nearly ice-cold as possible. Sift the sugar; sift the flour twice and leave it in the sifter. Beat the yolks of three eggs, adding sugar gradually. When stiff add part of the water and more sugar. Beat, add more water, sugar, and one-half the lemon juice until all the sugar is in. Stir into this mixture one-half the nut meal, a good pinch of salt and the citron. Beat the whites of the eggs to a moderately stiff froth, with a pinch of salt. Add the remainder of the lemon juice, and beat until dry and feathery. Slide the beaten whites on the yolk mixture, sprinkle part of the nut meal over them, sift on a little flour and chop in lightly. Add more meal and flour; chop; continue until the flour is all in. Take care not to mix too much. Put into a pan at once and bake slowly in an oven that bakes well from the bottom. Handle carefully when taking from the oven. If a gasoline oven is used, the fire may be turned off and the cake allowed to cool in the oven. M. E. P.

HARD SAUCE OF NUTS.

Rub together equal quantities of nut butter and sugar with a little salt and add water to make it smooth. A little more water makes a cream sauce. M. B. C.

NUT SAUCE FOR VEGETABLES.

Cream two large spoonfuls of Brazil nuts with warm water, then stir in gradually nearly a pint of hot water. Mix in one-half cupful of tomato that has been stewed and strained. Boil it up once and thicken with a tablespoonful of flour and cook till done—about six minutes.

E. G. Don.

PROTOSE CHOPS.

Dip thin slices of protose (which can be procured at the grocer's), with any flavor you prefer, into beaten egg and bread-crumbs and broil. Serve with a brown or tomato sauce. Garnish with parsley. A. C. F.

HAZEL NUT CAKES.

Mince very finely two ounces of hazel nuts and one-half ounce of sweet almonds. Add three ounces of pounded and sifted sugar, the white of an egg, beaten to a firm froth, and as much flour as will bind them together. Roll the paste out till it is one-quarter of an inch thick, stamp it out in small round cakes, place these on well-buttered tins, and bake in a slow oven twenty minutes. Mrs. R. Swarts.

HAZEL NUT TARTS.

One scant cupful of powdered sugar, yolks of six eggs, well beaten, one pound of hazel nuts. The nuts should be ground and one-third of them kept for filling. Filberts can be used if preferred. Grind bread enough to make one and one-quarter cupfuls and keep one-third of that for filling. First mix sugar and yolks of eggs, then add one tablespoonful of rum, then the nuts, bread, and whites of eggs. Bake in two layers.

FILLING.—One cupful of milk, one-half cupful of sugar, a piece of butter the size of an egg; let them come to a boil. Set aside and add the remaining nuts, bread, and a tablespoonful of rum.

FROSTING.—One and one-third cupfuls of confectioner's sugar, with cream added to make it stiff. Flavor with almond or vanilla extract.

MRS. M. SONTAG.

NUT SANDWICHES.

Butter very thin slices of Boston brown bread and lay finely chopped almonds between the slices. Salt them very lightly—a mere dash of salt should be used. G. D.

PEANUT SANDWICHES.

Shell and remove the skins from one cupful of freshly-roasted peanuts; chop very fine, mix with one tablespoonful of mayonnaise dressing. Spread with butter and cut thin slices of white bread, remove crusts and spread the peanut dressing between the slices. ANNA HILL.

NUT CORN PUDDING.

Put thin slices of protose into a three-quart basin in layers, with six tablespoonfuls of finely sliced celery, salt, and a slight dredging of flour until one-half or two-thirds full. Cover well with water and bake from one-half hour to one hour. Then spread over it the following corn pudding, sprinkle lightly with fine crumbs and bake until a delicate brown over the top. MRS. J. M. C.

CORN PUDDING.

Two cans of sweet corn rubbed through a colander, three well-beaten eggs, one cupful of milk; salt to taste. MRS. J. M. C.

NUT BREAD.

Make brown or white bread the usual way and just before forming into loaves drop in a generous handful of pecan nuts in one loaf. This makes a change and is greatly enjoyed by the children. MARY.

BROMOSE.

A combination of carefully blanched, thoroughly cooked, and sterilized nut meats with predigested cereals, put up in jars, and in tablets resembling caramels. Delicate as a confection and makes fat and blood with extraordinary rapidity. Ready to eat at once. E. F. C.

FRUIT COCOA.

A delicious food beverage. It contains no chocolate, cocoa, tea, coffee, glucose, sugar, cream, or milk, but is a pure product of tropical fruits and nuts. It can be used in any way in which cocoa or chocolate is employed. C. A. L.

NUT AMBROSIA.

A preparation similar to malted nuts in composition but treated in such a manner as to produce a crisp, crusty mass with a rich nutty flavor. Veritably the daintiest and most delicious food product ever discovered. It melts in the mouth, comforts the stomach, and makes fat and blood with great rapidity. One-half pound to a pound per day is a not uncommon gain in weight on using. Ambrosia dissolves in hot or cold water.

P. E. F.

PROTOSE.

Vegetable meat. It resembles animal food in appearance and composition, but is far more nourishing. D. B. M.

NUT SOUP STOCK.

This consists of the concentrated, soluble portions of choice nuts and is a perfect substitute for meat stocks. Can be used by itself or with vegetable products. It may be used just as extract of beef is. Dissolve in hot or cold water. Add the water slowly at first, one part stock to ten of water. M. A. B.

SALTED ALMONDS.

Warm an ounce of butter in a baking pan and when it is quite hot throw in a pound of blanched and dried almonds, sprinkle with salt and put in a hot oven; when they begin to assume a fine delicate brown and the salt adheres pour them on a sieve and leave till cold. Serve cold on small dish. Walnuts, pecan nuts, peanuts, and others can be prepared in the same way. W. T. M.

CHESTNUT CROQUETTES.

Shell four dozen chestnuts, put into a stew-pan with enough water to cover. Boil thirty minutes. Drain and pound the nuts until very fine;

add one tablespoonful of butter and pound until well mixed; add another tablespoonful of butter and pound ten minutes, then add a little salt, one-half pint of cream, a little at a time. When all is worked rub the mixture through a sieve. Beat three eggs until light and stir into that which has been strained. Place in a double boiler and cook eight minutes, stirring constantly. It should by this time be smooth and thick, if the water in the outer boiler has been boiling rapidly. When cold, butter the hands and mold into balls. Dip into a beaten egg, then into bread-crumbs; fry one and one-half minutes. Serve hot. M. W. T.

CHESTNUT SALAD.

Shell, blanch and boil until tender as many chestnuts as needed. Drain and set aside to cool. Boil two eggs hard. Arrange lettuce in a salad bowl, put the chestnuts over and then a dressing made of lemon juice, olive oil, salt and a pinch of sugar. Hold a small sieve over the salad, grate over the chestnuts the yolk of the egg and over all lay the white of the egg cut in rings. EMMA BROOKS.

THEIR IMPORTANCE.

IT MAY seem superfluous to give directions about the cooking of vegetables, for to many housewives it is the simplest matter in the world to wash and cook them in scores of appetizing ways. Yet, now that vegetables are beginning to form the main diet of hundreds of thinking men and women, it is not out of place to learn that more is involved in their cooking than sometimes seems. Even the potato, with which all are familiar, when brought to the table in a sticky, soggy condition, will neither gladden the eye, tempt the appetite, nor furnish the nourishment it otherwise would.

SUGGESTIONS ON THE COOKING OF VEGETABLES.

The greatest care should be taken in preparing and boiling vegetables. If taken from the garden, they ought to be gathered in the morning while still wet with the dew and if from the market they should be put in cold water until crisp, before cooking. Never boil them longer than until just done. Put them on in an abundance of fresh water, slightly salted, that is just beginning to boil. Water that has boiled for some time is flat. Care should be taken that the water does not cease to boil until the vegetables are done; drain immediately after.

For onions, cabbage, turnips, etc., it is best to change the water, especially when used during the winter, since the flavor, then, is much stronger. Dried peas, beans and lentils should be previously soaked and put on to boil with cold water. Boil spinach and kale in an abundance of water in an uncovered pot, to retain the color.

Never thicken vegetables of any kind by adding flour mixed with cold water. Always put butter in a saucepan, to this add the flour, mix well, then add to the vegetables. This improves not only the looks, but also

the taste to such an extent that the little extra work will not be taken into consideration by those who believe in doing things right.

The best water to use for the cooking of vegetables is pure well water. In cities where spring water cannot be procured, lake water will answer, but should first be filtered to take out the sediment.

TIME FOR COOKING VEGETABLES.

Although no exact time can be given for cooking the various vegetables, as much depends upon the age and freshness, yet the following table will help, to some extent, the inexperienced cook. My advice is to test with a fork, or taste, and thus decide:

Potatoes, boiled, twenty-five minutes.
Potatoes, baked, forty-five minutes.
Sweet Potatoes, boiled, forty-five minutes.
Sweet Potatoes, baked, sixty minutes.
Squash, boiled, twenty-five minutes.
Squash, baked, one hour.
Green peas, boiled, twenty to forty minutes.
Shelled beans, boiled, sixty minutes.
String beans, boiled, one hour.
Green corn, boiled quickly, twenty minutes.
Asparagus, fifteen to thirty minutes.
Spinach, one hour.
Tomatoes, fresh, one-half hour.
Tomatoes, canned, one-quarter hour.
Cabbage, three-fourths of an hour to an hour.
Cauliflower, one hour.
Dandelions, two hours.
Beet Greens, one hour.
Onions, one and one-quarter hours.
Beets, two hours.
Turnips, white, forty-five minutes.
Turnips, yellow, one and one-half hours.
Parsnips, one and one-half hours.
Carrots, one hour.

Nearly all these vegetables are eaten dressed with salt, pepper and butter, but sometimes a small piece of salt pork is boiled with them, and seasons them nicely.

HASHED BROWN POTATOES.

Chop two boiled potatoes fine; take a large saucepan (an omelet pan is best); put in two tablespoonfuls of butter; when hot turn in potatoes, dust with salt and pepper and with limber knife pat down into a smooth sheet; stand pan over a moderate fire and cook slowly for ten minutes; now begin at one end of pan and roll over and pat each roll down until you get to opposite side of pan and potatoes are in the shape of omelet, put your serving dish over pan and turn up-side down; then they are ready to serve. DELLA YEOMANS.

HOLLANDAISE POTATOES.

The potatoes should be pared, washed and cut into one shape before cooking. This can be done with an apple corer, a potato scoop or they

can be cut into cubes. Boil twenty minutes in slightly salted water, taking care that they do not break, then drain and let cool a little. Now prepare a golden sauce as follows: Boil one-half cupful of milk or water with one-half dozen pepper corns and one-half teaspoonful of salt. When flavored, strain it into another saucepan and add one-half cupful of butter and the yolks of three eggs beat with a fork, over the fire, until it thickens like cream. Then squeeze in the juice of one-half of a lemon or a tablespoonful of vinegar. Pour over the potatoes and garnish with sprigs of parsley. LEONE.

STUFFED POTATOES.

Select potatoes of even size. Cut a thin slice from one end, that they may stand firm and put in the oven to bake. When well done remove from the oven and with sharp scissors cut a lid from the upper end, and scoop out the potato into a hot bowl with a teaspoon, keeping the skin whole. Beat the potato in the bowl with a little cream, a teaspoonful of butter, a speck of salt and pepper. Then fill the skins with the mixture, heaping it high on top. Set the potatoes carefully on end and return to oven for ten minutes to heat. Serve on a platter with sprigs of parsley and a few tiny specks of butter. LIDA M.

TO BOIL NEW POTATOES.

Do not pare them but scrape the skins off with a dull knife, washing them nicely after. Put into boiling water and boil about fifteen minutes. Drain them and add a cupful of milk. Now melt a little butter, thicken with flour, and pour over them, keeping on the fire just long enough to heat to boiling point. Serve hot. MRS. J. SAMUELS.

LYONNAISE POTATOES.

Take six cold boiled potatoes, place them in a frying-pan with a piece of butter the size of an English walnut and an onion chopped up raw. Season with a pinch each of salt and pepper. Cook for ten minutes, stirring until well browned. Chop a little parsley and sprinkle over.

MRS. KATIE UPTON.

POTATO CAKES.

Grate raw potatoes and add a little salt, a piece of butter and an egg. Beat all well together, dredge with flour. Drop them into good drippings and fry a light brown. Cold mashed potatoes can be made in the same manner but are not as nice. MRS. S. STEVENSON.

POTATO CROQUETTES.

Peel, boil and mash a quart of potatoes, mixing with them the yolks of four eggs, two ounces of milk; set on the fire, stir for two minutes, spread in a dish to get cold or leave over night, if designed for breakfast, in which case a little milk may be added to moisten their dryness; mix thoroughly, divide into tablespoonful parts, shape them, roll in bread-crumbs, dip into beaten eggs (the whites), roll in bread-crumbs again and fry in hot fat. Take off when done, drain, dish and serve immediately. When they are shaped flat, they are "*croquettes à la duchesse.*" B. J.

POTATO SOUFFLÉ.

Select for baking, potatoes as near of a size as possible; cut off each end; when baked scoop out the inside with a spoon, being careful not to break the skins. Add to the potato, butter, salt, and sufficient hot milk to make quite soft; beat till very light and smooth; fill the skins with this and place on end in a buttered pan on the oven grate till browned on top. The potatoes will puff up considerably if sufficiently beaten. Nice for breakfast or tea. MRS. J. C. JANEWAY.

POTATO TORTILLA.

Four eggs, one teaspoonful of chopped parsley, three large potatoes, two tablespoonfuls of butter or oil. Cut cold potatoes, previously cooked, into slices, and sprinkle with the parsley. Put the butter or oil into a sauté pan, and when boiling, fry the potatoes a light brown. Beat four eggs; season with pepper and salt and pour into the potatoes; shake the pan constantly to prevent sticking. When one side is brown, turn the tortilla with a plate and brown the other. Serve at once.

MRS. LUCY MEAD.

MASHED POTATOES.

Cook the potatoes in salted water until thoroughly done, then drain. Set on the back of the stove, mash and beat with a wooden spoon until the lumps are all gone; then add enough milk (a little at a time) to make them nice and creamy, butter the size of an egg, more salt. Put in the dish they are to be served in; make a little hole in the top which you fill with butter and set in the oven until the butter melts; then serve at once.

MRS. D. FARRAND.

CREAMED POTATOES.

Put a pint of milk (or one-half pint of cream) in a frying-pan and let heat; add a piece of butter the size of a butternut thickened with flour

some salt and pepper; let it boil, stirring till it thickens; have five good-sized potatoes (boiled or baked the day before), cut them in small pieces, put all together; cook ten minutes, stirring to prevent burning.

Mrs. Mary A. Winter.

SARATOGA CHIPS.

Peel the potatoes carefully, cut into very thin slices and keep in cold water over night; in the morning drain off the water and rub the potatoes between napkins until thoroughly dry, then throw a handful at a time into a kettle or pan of very hot lard, stirring so that they may not adhere to the kettle or to each other. As soon as they become light brown and crisp remove quickly with a skimmer and sprinkle with salt as they are taken up.

Mrs. O. Atwater.

POTATO BALLS.

Take four cold boiled potatoes, rub through a wire sieve, put into a stew-pan with one-half ounce of butter and a dessert-spoonful of milk; beat over the fire till smooth. Add pepper and salt, the yolk of an egg and chopped parsley. When cold form into balls, brush over with the white of egg, roll in bread-crumbs and fry in hot fat.

Mrs. T. C. Young.

SWEET POTATO BALLS.

Boil the potatoes and mash them well. Have ready a pint of milk, which has been boiled. Add a little lemon peel, two lumps of sugar and a little salt. Add the potatoes to the milk as soon as it is ready—enough to make a thick mush. When cooled, make up into balls, covering them with crumbs of bread and yolks of egg. Fry them a nice brown and serve up with sugar strewed over them.

Alice George.

ESCALLOPED POTATOES.

Pare six medium-sized potatoes, slice thin in cold water. Drain and put in a pudding pan. Season with salt and pepper, pour over two-thirds of a pint of rich milk, add a piece of butter the size of an egg, send to the oven, and when potatoes are well done serve.

Miss Mary E. Wetherholt.

BAKED POTATOES.

(Peeled.)

Peel nice, large potatoes carefully to retain their shape, wash them in a strong brine, then take an apple-corer, with which take out a piece of potato from end to end, insert a piece of butter, season with a trifle of pepper and salt, place them together with the pieces taken out into an

earthen or granite dish, in which they can be sent to the table if desired. When done they must be light brown and crisp on the outside and be easily pierced with a fork. Serve hot.

NOTE.—When perfectly done all baked potatoes should be pierced with a fork two or three times several minutes before taking them out of the oven to favor the escape of steam, which makes them drier and improves the taste. J. D. E.

FRENCH FRIED POTATOES.

Peel the potatoes, slice them lengthwise in slices one-quarter inch thick, drop them in cold water for one hour, then take them out and dry them with a cloth, and fry them in hot lard. If you wish them to puff up, remove them with a skimmer before quite done, drain, and again return to the hot lard to continue frying until done. Sprinkle with fine salt and serve hot. H. O. C.

FLAKED POTATOES.

Take large, perfect potatoes, boil in their skins in salt water, drain well, peel and rub them through a coarse sieve on a hot dish beore the fire, without touching them, to keep as flaky as possible, sprinkle with fine salt and melted butter, and serve hot. C. A. M.

SWEET POTATO CROQUETTES.

(Excellent.)

Wash and boil in their jackets as many potatoes as are required. When done, drain and remove skins; wash and season with salt, pepper, a little cream and a dash of cinnamon. Make in cone-shape and fry golden brown. Serve on garnished platter. HILDA.

APPLES AND POTATOES.

Use equal quantities of potatoes and apples, peel, core and quarter the apples, peel the potatoes and boil in salt water until half done, drain off some of the water and add the apples, boil until both are done, then drain well before adding the salt, sugar, cream and fried onion. Mash well. They must have the consistency of mashed potatoes when properly made, and these should be smooth and creamy.

NOTE.—Beating the potatoes with a wire potato masher after the milk or cream is added is a great improvement. E. J. F.

POTATO PANCAKES.

Two quarts of raw, grated potatoes, four eggs, two tablespoonfuls of thick, sour cream, salt, Ko-nut or lard. Let the grated potatoes stand for

several minutes, dip off the water, which set aside until the starch settles, then pour off the water and add the starch to the potatoes, beat up the eggs thoroughly, mix with the cream and potatoes, add salt to taste and fry in plenty of Ko-nut or lard till crisp and brown. H. F. L.

SWEET CORN.

(Canned.)

One can of best corn, butter the size of a bird's egg, one cupful of rich milk, salt, sugar. Boil all togther for about ten minutes. Fresh corn may be prepared in the same way, after it has been boiled and cut from the cob. P. S. E.

GREEN CORN ON COB.

This should be cooked on the same day it is gathered; it loses its sweetness in a few hours. Strip off the husks, pick out all the silk, and put it in boiling water; if not entirely fresh add a tablespoonful of sugar to water, but *no salt;* boil twenty minutes and serve on a napkin.

MRS. A. ARMSTRONG.

SUCCOTASH.

Take a can of corn, add it to a pint of Lima beans, place them in a saucepan with a large lump of butter, a little salt and pepper and one-half pint of sweet milk. Heat it thoroughly for about ten minutes, add two tablespoonfuls of Worcestershire sauce and serve. The beans must have been cooked previously. MISS MINNIE RAY.

ESCALLOPED GREEN CORN OR CORN PUDDING.

Take six full ears of sweet green corn, score the kernels and cut from the cob. Scrape off what remains on the cob with a knife. Add one quart of milk, three eggs well beaten, two tablespoonfuls of corn-starch, one-fourth teacupful of butter, a tablespoonful of sugar and salt to taste. Bake in a well-greased earthen dish, in a hot oven two hours. Place it on the table browned and smoking hot. A. T. O.

SWEET POTATOES.

(Southern style.)

Cut cold sweet potatoes into slices one-quarter of an inch thick and place in an earthen dish. Spread each slice with a layer of butter and sprinkle with sugar. Bake till lightly browned. MRS. M. ADAMS.

BOILED CAULIFLOWER SERVED WITH CREAM.

Tie a fine cauliflower up in coarse tarletan, in hot water, and a little salt. When done, drain and lay it in a deep dish, the flower uppermost.

Heat a cupful of milk and thicken with two tablespoonfuls of butter, cut into bits, and roll in flour. Add pepper, salt, the beaten white of an egg, and boil up one minute, stirring well. Take from the fire, squeeze the juice of a lemon through a hair sieve into the sauce and pour one-half into a sauce-boat, the rest over the cauliflower. Mrs. Serah Paulding.

CAULIFLOWER SERVED WITH MELTED BUTTER.

Take off all the green leaves, cut the flower close at the bottom, from the stalk; if large, divide into four quarters. Put into cold water, let it lie an hour, then put into boiling milk and water, or water only—milk makes it whiter—skim while boiling. When the stalks are tender take it up at once or it loses its crispness. Lay it on a cloth or colander to drain and serve with melted butter. Mrs. F. Thorne.

CAULIFLOWER RELISH.

Take a fine white head of cauliflower and chop it fine. Put a piece of butter as large as a butternut into a shallow pan; add three or four tablespoonfuls of strong vinegar. Stew the cauliflower, covered over with a flat tin, for twenty minutes, or until it is perfectly tender. Serve on slices of toasted bread, or on a platter with bits of toast cut into triangles, and well browned, then laid in points around the dish. This is a nice luncheon or supper dish. Mrs. Lily Baker.

BROCCOLI.

Trim off all leaves that are not liked, and place the broccoli in a pan of salted water to kill any insects, that may have taken shelter under the stalks. Wash them well and put them into an uncovered saucepan of boiling water with a large tablespoonful of salt to every one-half gallon of water. Keep them boiling till done. Drain them directly or they will lose color and become sodden. Mrs. Sarah Winters.

SEA KALE.

Wash in several waters, pare the stalks and put it into salted water; drain well when done, season it lightly and pour over melted butter

C. F. S.

BRUSSELS SPROUTS.

Nice, tender sprouts, butter, salt, meat broth, flour, sugar, pepper. Free the sprouts of the outside leaves, wash them perfectly clean and boil in salt water until perfectly tender, drain, then cover with cold water until cold, again drain well. Melt some butter in a stew-pan, add flour, mix

well and stir in one cupful of meat broth or cream to make a creamy dressing, season with pepper, salt and sugar, add the sprouts, then set back and keep hot until wanted. HILDA BRICE.

STUFFED CABBAGE HEAD.

(German style.)

Separate the leaves of two cabbages carefully, boil until about one-half done in salt water, drain well, then take a clean, large napkin, lay it into a colander, over this place the largest leaves, one next to the other, overlapping some and meeting at the bottom, with the bottom of the leaf down. During the time the cabbage is boiling, prepare the forcemeat, regulate the quantity of meat according to the size of the cabbage you wish to make. Chop the small leaves of the cabbage very fine, add to the chopped meat bread-crumbs, three eggs, a liberal piece of butter and cream; mix this thoroughly and season with pepper, salt, and allspice; spread a thick layer of this over the leaves in the colander, cover with another layer of boiled cabbage leaves, continue this until it is all used up. Now take the two opposite corners of the napkin, also the two others, and secure firmly with a string, allowing plenty of room for swelling, but at the same time retaining the shape as much as possible. Boil it in plenty of water to cover well for two or three hours. Serve the cabbage whole, and garnish with parsley, when served hot; when served cold, slice it. Excellent either way. F. W.

CABBAGE WITH CREAM DRESSING.

Remove the outside leaves of the cabbage heads and quarter them; boil in salt water until almost tender, then drain in a colander. Put over the stove, add one cupful of rich cream, let come to a boil and thicken with butter and flour stirred to a cream; add pepper, salt and nutmeg, if liked. JULIA M.

FRIED CABBAGE.

Chop one firm head of cabbage till fine. Put it into a kettle and add one teacupful of water, salt and pepper. Let boil till tender, add butter the size of an egg and with the cover off let the cabbage fry a light brown, adding a little sugar and two tablespoonfuls of vinegar, and serve.

STELLA.

FRENCH CABBAGE.

Chop cold boiled cabbage and drain until dry. Stir in melted butter, salt and pepper to taste. Add four tablespoonfuls of cream or milk and put on the stove. When heated thoroughly add two well-beaten eggs,

and then put into a buttered frying-pan. Stir until very hot and light, brown on the under side. Turn out up-side down so the brown part will be on top, and serve hot. AMANDA BRIGGS.

SAUERKRAUT.

Sauerkraut makes a delightful change from the regular way of serving cabbage. Our German forefathers thought there was nothing like it. It can be easiest made in the fall when cabbages are plentiful. It will retain its flavor all during the winter. It is usually made in a barrel. Take firm cabbages, remove the outer leaves and slice into shreds, either by hand or with a machine made for the purpose. In the bottom of the barrel, put a layer of coarse salt, then a layer of cabbage and salt again until the desired amount is packed. With each layer of cabbage, press down with a heavy pestle until the juice floats on the surface, then a fresh layer can be added. Some flavor sauerkraut with a few grains of coriander, juniper berries, etc.; others do not. When the sauerkraut is made, place in a dry cellar, cover with a cloth; on top of the sauerkraut a plank should be placed and on this a heavy weight. At the end of a few days it will begin to ferment, then draw off the liquor and replace fresh. Repeat this each day until the liquor becomes clear, then remove cloth, wash, cover again and put the weights back. Let stand a month and it will be ready for use. Sauerkraut can be boiled with spare-ribs, ham, or sausage, or it can be fried. If the sauerkraut is too sour, pour clear water over it and press it out again. then put it in a granite kettle, with enough water to partially cover it, and cook. H. O. C.

HOT SLAW.

Slice a head of cabbage fine, put it in a stew-pan with a little water, and scald well; sprinkle salt and pepper over it; then take two-thirds of a teacupful of vinegar, one-third of a teacupful of water, one egg, one-half teaspoonful of flour, a piece of butter, all well mixed together; pour it over the cabbage, and let it come to a boil, when it is ready for the table.
HARRIET A. HAIGHT.

RED CABBAGE SLAW.

Shave the cabbage, putting into jar or bowl. Sprinkle salt through it and on top (about one cupful of salt for three cabbages). Let it stand twelve hours, then drain off and let stand one hour. Boil three quarts of vinegar, adding one ounce of whole mace and one ounce of whole black pepper. Let boil fifteen minutes, strain out the spice, pour hot vinegar over cabbage (sufficient to cover), tie a cloth over the jar and set away for use. MRS. B. MARCHANT.

BAKED TOMATOES.

Take eight large ripe tomatoes, bread-crumbs, pepper and sugar. Peel and slice the tomatoes, mince pork very fine; put a layer of tomatoes in a buttered pie dish, season with sugar and pepper, strew with bread-crumbs, and scatter a little pork over it. Fill the dish in this order, having crumbs at the top, cover closely, and bake for one-half hour, or till the juice bubbles up at the side. Remove the cover, brown, and serve. If you do not care to use pork it can be omitted, but a little salt must be used. MRS. MAGGIE LEAHY.

STUFFED TOMATOES.

Get tomatoes as large and firm as possible; cut a round place in top of each, scrape out all the soft parts; mix with stale bread-crumbs, onions, parsley, butter, pepper and salt; chop very fine and fill tomatoes; carefully bake in moderately hot oven; put a little butter in pan; see that they do not burn or become dry. MRS. JAMES LADD.

SLICED TOMATOES.

Scald a few at a time in boiling water, peel, slice, set in a cool place, or lay a piece of ice on them. Serve as a relish for dinner with salt. Those who desire may add vinegar and sugar or a French dressing of oil and vinegar. LEONE DICKERSON.

DEVILED TOMATOES.

Take two or three large firm tomatoes, not over ripe, cut them in slices one-half inch thick and lay on a sieve. Make a dressing of one tablespoonful of butter and one of vinegar rubbed smooth with the yolk of one hard-boiled egg; add a very little sugar, salt, mustard and cayenne pepper; beat until smooth and heat to a boil. Take from the fire and pour upon a well-beaten egg, whipping to a smooth cream. Put the vessel containing this dressing into hot water while the tomatoes are being broiled over a clear fire. Put the tomatoes on a hot dish and pour the dressing over them. Cooked in this way they will be found an exquisite accompaniment to roast chicken. MRS. M. WERTON.

FRIED RIPE TOMATOES.

Do not pare them, but cut them in slices as you would an apple. Dip in cracker crumbs and fry them in butter. They are very nice.

HATTIE.

FRIED GREEN TOMATOES.

Cut six large green tomatoes in slices one-eighth of an inch in thickness. Beat the yolk of one egg with a tablespoonful of cold water,

sprinkle salt and pepper over the tomatoes. Dip first in the egg, then in fine bread-crumbs. Fry in butter quite brown on both sides and serve with a gravy made as follows: Rub one tablespoonful of flour with two tablespoonfuls of butter. When well creamed brown in a pan, add one-half pint of boiling milk, stir steadily till it begins to thicken, then add salt-spoonful of salt and pour over the tomatoes. WILL W.

SCALLOPED TOMATOES.

Turn off nearly all of the juice from a can of tomatoes (which juice may be used in soup). Put a layer of bread-crumbs in the bottom of a buttered dish; then a layer of tomatoes seasoned with pepper, salt and a little butter and sugar. Continue till dish is full, finishing with crumbs. Bake covered until hot, then brown quickly. MRS. SUSAN LEVY.

MASHED TURNIPS.

Pare, wash and cut turnips in slices; put them in a pan with as much cold water as will just cover them; let them boil till tender; pour them into a sieve or colander and press out the water; mash them with fresh milk or sweet cream until entirely free from lumps; then put them into a saucepan over the fire and stir about three minutes. F.

TURNIPS IN CREAM.

Cut the turnips into squares, boil in salt water until tender, add one cupful of rich milk, thickened with a little flour and butter; season to taste with salt and pepper. MRS. IRENE JENKINS.

STUFFED TURNIPS.

Select one dozen medium-sized turnips; peel and boil whole in water slightly salted; when tender pour off the water, slice a piece from the end of each turnip, scrape out the center, mash, and season with salt, pepper, butter and yolk of an egg. Fill the turnips with this mixture, put back the slice, brush over with butter, put in a baking dish and put in the hot oven to brown. MRS. ATWOOD.

RUTABAGA.

Rutabaga is one of the oldest vegetables we serve. They are much more solid than the other turnips, but may be cooked and served according to the recipes given for turnips, except to add more cream. J. M.

BOILED BEETS.

Wash the roots with great care. Do not scrape or cut them, else the juice will escape and their flavor will be injured. Put them into a pan of

boiling water and keep them boiling for one or two hours, or until tender. Do not prick them with a fork to ascertain this but press on the thickest part with the fingers and they will yield to the pressure. When done put them into cold water and rub the skin off with the hand, cutting them into slices of same size. They can be sent to table with no seasoning, or they may be returned to the fire and a very thin sauce of flour, butter and milk may be made and poured over them. MRS. ANNIE G.

CREAMED BEETS.

Cut off stalks and leaves and wash the beets through three or four waters. Salt the water in your kettle well, and boil them till done. Peel them when cooked and lay them in a drainer till all the water is gone, then cut them up while hot into even slices. Cover them with cream or white sauce and serve. MRS. J. MAGUIRE.

FRIED APPLES.

Pare four large juicy apples, and cut into rounds about one-fourth of an inch thick, carefully remove the core, without breaking the apples, and fry quickly in boiling half lard and half butter to a light brown. Salt them a little. Drain free from fat, and serve *very hot* with steak.

MRS. S. SILLOWAY.

STEWED MUSHROOMS.

A nice dish for the tea is made by peeling the mushrooms, and taking out the inner part, then broiling them on a gridiron. When the outside is brown, place them in a saucepan, just covering them with water. Let them stay in this water ten minutes, and then add a tablespoonful of white wine, a tablespoonful of burned sugar, and a few drops of sharp vinegar. Thicken with flour, milk and butter. Let them boil up a little, then toast bread pretty brown, lay it on a heated dish and pour the mushrooms over.

Another way to prepare them for the table is to broil them. Select the largest and have a clear fire. Get the gridiron quite hot, and rub the bars with suet, so that the mushrooms will not stick. Lay them on the gridiron, with the stalks upward. Sprinkle sparingly with salt, but lavishly with pepper. Serve on a hot dish with a little butter over and under them. When they begin to steam they are done. MRS. KATE WILSON.

BROILED MUSHROOMS.

In order to test mushrooms, sprinkle salt on the gills—if they turn yellow they are poisonous, if they turn black they are good. After testing, pare, and cut off stems, dip in melted butter, season with salt and pepper, broil on both sides over a clear fire and serve on toast. A. P.

MUSHROOM CROQUETTES.

Press one cupful of cold mashed potatoes through a sieve, add two cupfuls of mushrooms, which have been cut in pieces and simmered in two tablespoonfuls of butter for twenty minutes. Sprinkle when cooking with salt. Beat in two eggs, form into balls, and fry in hot oil.

MRS. C. I. SMITH.

ESCALLOPED MUSHROOMS.

Put the mushrooms in a buttered baking dish with alternate layers of crumbs, seasoning each layer plentifully with butter; add salt, pepper and a gill of cream or gravy. Bake twenty minutes, keeping covered while in the oven.

O. B. M.

BAKED MUSHROOMS.

Toast for each person a large slice of bread and spread over with rich sweet cream; lay on each slice, head downward, a mushroom, or if small, more than one; season and fill each with as much cream as it will hold. Place over each a custard cup, pressing well down to the toast; set in a moderate oven and cook fifteen minutes. Do not remove the cups for five minutes after they come from the oven, as thereby the flavor of the mushroom is preserved in its entirety.

E. J.

EGGS AND ASPARAGUS.

Boil young asparagus and cut it into pieces as nearly as possible like peas. Have ready four eggs well beaten, and flavor with pepper and salt. Put the asparagus with them and stir gently; then dissolve two ounces of butter in a stew-pan, and stir the mixture until it is thick. Serve on toast. It will take fifteen to eighteen minutes after the water boils to boil the asparagus. Stew with the eggs two or three minutes longer.

MRS. J. E. PECK.

ASPARAGUS.

White asparagus, butter, salt, pepper, nutmeg, sugar, flour, yolk of an egg, one-half cupful of cream. Select tender asparagus, tie in bunches and boil in salt water until tender. When done, arrange nicely on a hot platter, and serve with the following dressing poured over them.

DRESSING.—Slightly brown a liberal quantity of butter, add a little flour and about one-fourth cupful of the water the asparagus was boiled in, season with pepper, salt and sugar to taste, boil up once, then add cream. Or, if preferred, merely serve it with browned butter, pepper and salt.

W. T. M.

BOILED PARSNIPS.

Rub the parsnips clean, place them in a saucepan with salted water that is boiling and cook one or more hours. When they are done, take a very coarse towel and rub their skins off, put them into a hot dish, season with salt and pepper, and pour a butter sauce over them. If you like them mashed, proceed in the same way, but after removing the skins, pass them through a colander and mash them, returning them to the saucepan with a very little milk, a small piece of butter and salt and pepper. Stir them over the fire again till quite hot, turn into a dish, and serve.

MRS. S. MAXWELL.

CREAMED PARSNIPS.

Chop cold boiled parsnips. Put on the stove with two tablespoonfuls of butter, and pepper and salt to taste. Shake until it boils. Take up the parsnips and add to the butter a little flour and three tablespoonfuls of cream or milk. Let it boil up once and pour over the parsnips. Creamed carrots are prepared in the same way. IONE.

FRIED PARSNIPS.

Slice lengthwise about one-quarter of an inch thick and fry in beef drippings or butter; they will fry sooner if previously boiled and should be nicely browned. C. A.

BOILED ARTICHOKES.

The Jerusalem artichoke should be washed well in several waters and picked over carefully to see that no insects are about them. Trim the leaves at the bottom. Cut off the stems and put the artichokes into *boiling* water with a heaped tablespoonful of salt and a piece of soda the size of a quarter. Keep the saucepan uncovered, and let them boil quickly until tender. When done you can thrust a fork through them. Take them out, let them drain, and serve with white sauce poured over them, made of flour, butter, new milk, two small onions cut up thin in it, and pepper. A tureen of melted butter should accompany them. It takes twenty-five minutes to cook them, and they should be gathered two or three days before wanted for use. FANNY BENNET.

FRIED ARTICHOKES.

Boil them from eight to ten minutes, lift out, drain on a sieve, and let them cool. Dip into beaten eggs, cover with fine bread-crumbs, fry a light brown, drain, pile in hot dish and serve quickly. H. B. S.

STRING BEANS.

The wax bean is more tender and richer in flavor than the green. Cut off the ends of the pods, string them and cut or break into one-inch pieces. Wash before cutting, and boil them about one and one-half hours. Then drain off the water, add sweet milk, a little butter, pepper and salt and let them get thoroughly hot. They are then fit for the table. MRS. A. R. G.

LIMA BEANS.

Boil a pint of Lima beans in salted water and then press them through a colander. Place the pulp back in a saucepan, add a good bit of butter, and beat with a spoon. Season as usual, with the addition of a little sugar. If too thick, add milk. Serve with sippets of fried bread around the dish. MRS. C. PECKENS.

BAKED BEANS.

Boil one quart of beans until the skins will crack when blown, then put them in a deep pan to bake, after the following manner: A layer of beans, then a sprinkle of sugar, salt and pepper, some fresh pork, or butter; continue until the pan is full. MRS. JULIA RICKORD.

BOSTON BAKED BEANS.

(Fine.)

One quart of small white beans and one pound of pork. Wash the beans, put them in a kettle over the fire and cover with cold water. As soon as they come to a boil, drain. Now put them in the bean pipkin, add a small onion chopped fine, one-half teaspoonful of dry English mustard, a spoonful of salt, some black pepper and three teaspoonfuls of molasses. Put pork on top of beans, fill the pan with boiling water and put in the oven covered tight and let bake for several hours, occasionally adding hot water, so they do not get dry. MRS. P. ILLINGWORTH.

BOSTON BAKED BEANS—No. 2.

Two pounds of beans (soaked over night); in the morning boil for one-half hour, pour off water. Slice a small onion, put in bottom of bean pot. Add beans, one-half teaspoonful each of mustard and baking soda, a heaping tablespoonful of sugar, one heaping teaspoonful of salt, three tablespoonfuls of real black molasses (New Orleans). Add one-half pound of pork, and put on top of other ingredients. Fill pot with hot water and bake in oven six hours. (Be careful not to let beans get dry, keep adding water.) MRS. MCLEOD.

BOILED RICE.

Wash well and boil a pint of rice in two quarts of slightly salted water for about fifteen minutes. Drain in a colander, cover with a thick cloth for about ten minutes so that the rice may absorb the moisture. Pick up with a fork into a deep dish and serve very hot. E. J. WALLACE.

FRIED EGG PLANT.

The egg plants should be cut into slices of equal thickness and put into water that has been strongly salted, where they should lie for an hour. Roll in cracker crumbs and egg and fry in butter.

MRS. ELLEN PINKERTON.

EGG PLANT CAKES.

Egg plant is nice when made into cakes. Take a small one, pare it, cut into pieces, and boil in salt and water until soft. Pour off the water, mash, add pepper, and mix with a batter made of one pint of milk, three eggs beaten thoroughly, two teaspoonfuls of baking-powder, a piece of butter the size of an egg, a little pinch of salt, and flour enough for a thin batter. Fry it as you would batter cakes. Vegetable oysters can be prepared in the same way and are very nice. MRS. S. STEVENSON.

STUFFED EGG PLANT.

Cut the stem end off the egg plant, peel it, scrape out the center and put all together in a weak brine for forty-five minutes, drain the pieces scraped out of the center, chop fine, mix with a forcemeat as for stuffed tomatoes, adding some cream. Put into a deep earthen dish with plenty of butter and a little water, cover well and bake in the oven, basting frequently, until done. H. F. L.

FRIED CUCUMBERS.

Pare three large cucumbers, cut them in slices. Dry them with a clean towel. Sprinkle them with flour and place them in a pan of boiling Ko-nut, and turn often until they are quite brown. Remove them from the pan and drain the fat from them, by placing them on a sieve. Very good. MRS. RETA HOLMES.

PLAIN BOILED ONIONS OR CREAMED ONIONS.

Skin and soak them in cold water one hour, then put into a saucepan and cover with boiling water, well salted; when nearly done pour off the water, add a little milk, a little butter, and simmer till tender. Season

with pepper and salt. Or make a thickened dip of butter, flour and milk. Drain the onions thoroughly, cook this thickening and pour over the onions in a deep dish. MRS. F. FARLEY.

FRIED ONIONS.

Peel and slice. Fry in butter with one-half cupful of water. Season with pepper and salt, and serve hot. MRS. N K. B.

CARROTS.

Wash the carrots, then scrape and cut into oblong, thin strips, boil in salt water until tender, then drain off nearly all the water and prepare as above. JENNIE ADAMS.

LENTILS.

Pick the lentils over carefully, wash thoroughly and soak several hours, then put them on with clear cold water and boil them gently until done; heat a little butter with a little flour in it, add the onion, fry it until it turns yellow, drain off some of the water the lentils were boiled in, add them to the dressing and simmer one-half hour longer before serving.

G. J.

GREEN PEAS.

When the peas are fresh, shell them and wash them in a colander in cold water. Then put them into cold water and let simmer twenty minutes; season with plenty of butter and salt and a cupful of cream. Canned peas should merely be turned out of the can, liquor poured off the peas, rinsed, and left on to boil. When done add milk, butter and salt. When they have come to a boil once they are ready for the table.

MRS. J. S. RING.

PEA LOAF.

Soak four cupfuls of split peas over night. In the morning put them with a small onion into a farina kettle with just enough water to cover, and boil until soft. Drain and pulp through a colander. Beat in a tablespoonful of butter, pepper, salt and three eggs. Boil in a buttered mold or floured cloth one hour. Turn out and cut in slices on the table.

MRS. B. CLAYTON.

FRIED PEAS.

Peas are exceedingly nice cooked as above with but little water. When done add butter but no cream. Let fry about three minutes and serve hot. MRS. J. R. M.

STEWED PEAS AND LETTUCE.

Take a pint of shelled green peas and two heads of lettuce cut small. Put in as little water as possible to use and not burn, let boil until tender,

add a pinch of sugar and another of salt. When done stir in the well-beaten yolk of one egg, two tablespoonfuls of cream and a dash of pepper. Do not allow to boil after the egg is added. Serve hot.

Mrs. N. K. Brooks.

VEGETABLE OYSTERS.

Cut the vegetables in thin slices, crosswise, boil in clear water until soft, add a cupful of milk, salt, butter and flour stirred to a cream; boil all together for a few minutes, then serve on toast. P. E. F.

SUMMER SQUASH.

The white scalloped ones are the best. Take them before the rhine or seeds become hard. Wash and cut in moderately small pieces. Boil in clear water until tender enough to mash. Then place in a colander and drain. Have ready some bread cut in small pieces (not crumbled). Now put a spoonful of good butter in a skillet. When hot put in the bread and stir until brown, then add the squash. Mash and mix well together, and season with pepper and salt. Mrs. E. A. Parcell.

SQUASH (HUBBARD).

Peel a squash, cut it in small pieces and boil in water that has been salted till done. Drain thoroughly. Then mash, adding two heaping tablespoonfuls of butter and a little salt and pepper. Also cream unless too moist. Mrs. Clara Green.

GREENS.

Young beet tops, dandelions, spinach, young turnip tops and chicory are very beneficial in the spring and they can all be cooked in the same way. Examine them very carefully, throwing out all wilted or tough ones. Wash them through several waters, so that the sand or grit may all be eliminated, and they are perfectly clean. All greens shrink in boiling and so judgment must be used as to the quantity to be cooked for the family. When they are ready for the pot have it one-half full of boiling water that has been salted. Cook till they are tender, drain them, and press them so that all the water will be out. Then season them with a little salt, plenty of pepper and butter. Put them in the oven in the dish for a few minutes, and serve them hot. String beans, peas and spinach should be boiled uncovered, so as to retain their green color.

Mrs. Amy Kent.

PLAINLY DRESSED SPINACH.

Pick the leaves from the stalks, and wash the spinach in several waters to free it from sand and grit. Put it into a large saucepan with as much

water only as will keep it from burning; add a small spoonful of salt and turn it frequently till quite tender. Drain it and with a knife and fork cut it in small pieces and add pepper, salt and butter. Serve immediately.

MARY JAMESON.

DANDELION AND SPINACH GREENS.

Gather freshly grown dandelions when the dew is on them. Use equal amounts of dandelion and spinach; pick over carefully, throw into cold water and wash in several waters previously salted. Plunge the dandelion into boiling water, cook one-half hour before adding the spinach; continue the cooking until tender; then drain, add one tablespoonful of butter, a little salt and pepper. Mix well, turn on warm dish and garnish with hard-boiled egg. The addition of spinach prevents the bitterness of the dandelion from predominating, and the union will be found very palatable. It cannot be too well recommended for its healthfulness.

MRS. MAUDE BLANCHARD.

SPINACH FRITTERS.

Boil spinach thoroughly, drain and mince it well; add some grated bread, one grate of nutmeg and a small piece of sugar. Add as much cream or yolks and whites of eggs as will make the preparation of the consistence of batter; drop the batter into a frying pan of boiling lard. When the fritters rise take out, drain and send to table. E. S.

CELERY.

Celery makes a pretty ornament to the table and is most healthful as well. The smaller the stalks the more tender. Serve in celery boats, with just enough of the leaves to look pretty. Put in cold water one hour before serving to make it crisp. If necessary to keep for any length of time wet it thoroughly, wrap in a cloth and place in the refrigerators or cellar. In this way it can be kept a week if perfectly fresh when packed away. E. T.

CREAM CELERY.

Bring one pint of milk to a boil, add the celery chopped fine, then some butter mixed with a little flour, cream and crackers; season to taste and serve. F. P.

RICE.

Rice has come to be one of the main vegetable dishes of the present day. Wash the rice thoroughly, then put on with just enough cold water to prevent it from burning to the pot (a double boiler is best) which must

have a close-fitting cover and be set on a moderate fire; add salt to taste. The rice is steamed rather than boiled, until it is nearly done, then the cover is removed and a small lump of butter added. Served plain or with cream, sugar and nutmeg. MRS. STANLEY ARNOLD.

FRIED APPLES.

Pare and core the apples, keeping them whole, cut into slices crosswise, sprinkle with cinnamon, sugar and a little lemon juice. Stand aside for fifteen minutes, then dip each slice into a batter and slide quickly into the hot Ko-nut, fry on one side, turn, and fry on the other. G. R.

POTATO CROQUETTES.

One pint of mashed potatoes, a pinch of white pepper, one-half teaspoonful of celery salt, one and one-half tablespoonfuls of Ko-nut, one-half teaspoonful of salt and the yolks of two eggs. Mix together all the ingredients, except the egg, and beat until light, then add the yolks of the eggs and mix well. Rub through sieve and add one teaspoonful of chopped parsley. Shape into smooth balls, then into cylinders. Dip in bread-crumbs, then in beaten eggs, then roll in crumbs again. Fry in deep hot Ko-nut. Drain on paper and serve on a hot dish. E. T.

CREAMED PEAS.

Melt two tablespoonfuls of Ko-nut in a saucepan, add ten drops of onion juice, three tablespoonfuls of flour, one teaspoonful of salt, one-quarter teaspoonful of paprica and one pint of hot milk. Serve in shredded wheat baskets. R. R.

FLAKED BEAN CROQUETTES.

Three cupfuls of flaked beans, three-fourths of a cupful of boiling water, one-half teaspoonful of salt, one-fourth teaspoonful of paprica and one egg, beaten. Mix all ingredients, shape roll in rice flakes, beaten egg and flakes again; fry in hot Ko-nut until brown. W. W.

BAKED SALSIFY.

Scrape the roots, wash thoroughly, cut crosswise and boil till tender. Make a cream sauce of one tablespoonful each of butter and flour rubbed together, one pint of rich milk, salt and pepper and heat to boiling point. Butter a baking pan, put in a layer of bread-crumbs, a layer of cream sauce, a layer of salsify and so on till the dish is nearly filled. Pour cream sauce over the last layer, then bread-crumbs and bits of butter and bake brown. MRS. E. A. B.

CORN CAKES.

One can of corn, three eggs, a small teaspoonful of salt, a tablespoonful of sugar, a dash of pepper, a tablespoonful of flour and a lump of butter the size of an egg. Beat the eggs thoroughly, melt the butter and mix both with the other ingredients. Drop in well-buttered gem pans and bake in a moderate oven. MISS RURK.

CAULIFLOWER AU GRATIN.

Boil one whole cauliflower in salted water till tender, then drain and cut rather coarsely. Mix one-half ounce of butter and one ounce of flour together, stir it into one cupful of hot milk till it is thick and smooth, add salt and pepper; stir in one ounce of grated Parmesan cheese and pour this gently over the cauliflower, sprinkle cheese over the top and brown in very hot oven. Serve hot. MARY.

POTATOES AND CORN.

Chop fine cold boiled potatoes and mix with cooked corn in proportion of one cupful of potato to one-half cupful of corn; put three large tablespoonfuls of good dripping into a frying pan. When thoroughly heated serve. IONE WHIPPLE.

VEGETABLES AU GRATIN.

Boil separately in salted water a head of cabbage, cut into pieces; use any cold vegetables, green peas, asparagus, and the like. Lay some butter into a tin pan, then cabbage, then grated cheese; again butter, peas, cheese, and again until all is used, having the last layer of cheese. Bake for one hour in a moderate oven. EMILY BROOKS.

TOMATOES WITH SHREDDED WHEAT BISCUITS.

Split into halves shredded wheat biscuits and place in baking pan. Pour over sufficient milk to soak them and over each one a little melted butter. Peel and cut in slices four or five tomatoes; place on the biscuits, dust over a little salt and pepper and bits of butter. Carefully remove to hot dish and serve. This is a very nutritious dish. Bake in quick oven fifteen minutes. ALMA LOCKE.

STUFFED ONIONS.

Boil white onions in slightly salted water for one hour, changing the water twice. Lift them out and scoop out a portion from the center. Fill the cavity with the dressing of two tablespoonfuls of bread-crumbs, one large teaspoonful of grated cheese, a little cream, salt, pepper and a little

of the onion which has been scooped out. Wrap each onion in a piece of buttered tissue paper and twist the paper securely at the ends. Bake in a buttered pan in a moderate oven nearly one hour. Remove the paper, put into a deep dish, sprinkle over a little salt and pepper and pour over melted butter. MRS. J. H. T.

PARSNIP BALLS.

Mash and season boiled parsnips. Remove from the fire, and before it cools add one well-beaten egg. When cold make into balls about one-half the size of an egg. Dip into beaten egg, then into bread-crumbs. Fry a pale brown in boiling lard or Ko-nut. L. BROOKS.

BAKED CUCUMBERS (DELICIOUS).

Peel five good-sized cucumbers, cut lengthwise and remove the seeds and soft part. Rub one cupful of soft bread-crumbs into butter the size of an egg and add one teaspoonful of finely-chopped onion; season with salt and pepper. Sprinkle salt over the cucumbers, fill with the seasoned bread-crumbs and bake until cucumbers are very soft and the filling a nice brown. ADINE.

STEWED CUCUMBERS.

Peel six large cucumbers and cut into slices one-half inch thick; cover with hot water and boil till tender, then drain. Put two cupfuls of cream into a saucepan, season with salt and pepper and one-half tablespoonful of butter. When it comes to a boil drop in the cucumbers and heat through, shaking the pan to prevent burning. GRETA M. T.

CUCUMBER WITH DRESSING.

Peel the cucumbers and let them stand in ice water for one hour. Then slice and place in a bowl. Pour over a mixture of one tablespoonful of lemon or vinegar, two tablespoonfuls of olive oil, one-half teaspoonful of salt and a dash of cayenne pepper. NELLIE R.

STEWED OKRA WITH TOMATOES.

Wash twelve pods of okra and slice thin. Peel four tomatoes and cut into slices; put in a granite saucepan, add salt and set over the fire to simmer slowly for one-half hour. Add a tablespoonful of butter with a dash of cayenne and serve. MRS. L. P. M.

BAKED MACARONI AND CHEESE.

Break it into one-inch pieces, put it on the stove in cold water to which a little salt has been added and boil twenty minutes, stirring lest it

adhere to the bottom of the pan. Then take a deep dish, butter it well, and place a layer of macaroni, then a layer of grated cheese, adding salt, pepper and butter to each layer. Continue these layers until the dish is full, then cover with sweet milk. Beat two eggs in milk, and pour over Bake three-quarters of an hour. If you shave the cheese very thin it will answer as well as to grate it. Use old strong cheese.

MRS. ANNIE R. GREGORY.

SPAGHETTI.

Break a package of spaghetti into a saucepan. Cover it with boiling water and add a teaspoonful of salt. Cook ten minutes; then immerse in cold water; drain from a colander and place for a few moments in an oven with door open. Then put a layer of spaghetti into a dish and pour over it a little milk, add a dash of salt and a few bits of butter. Over this sprinkle a layer of grated cheese (Parmesan is the best); add another layer of spaghetti and then cheese, repeating the process until the dish is full, leaving the cheese on top. Place in an oven five minutes, then serve with an extra dish of grated cheese. E. T.

VERMICELLI.

Boil a quart of milk and drop lightly into it six ounces of vermicelli which has been blanched in boiling water to free it from all impurities. Simmer gently, and stir frequently to keep it from getting into lumps. When tender, sweeten it and send it to table. It takes from fifteen to twenty-five minutes to boil it. MRS. G. ATWOOD.

VEGETABLE CURRY.

A mixture of vegetables may be used for curry. The most suitable are celery, onions, cauliflowers, young cabbages, cucumbers, green peas, French beans, spinach and sorrel. Mince or slice the vegetables. Dissolve a slice of fresh butter in a stew-pan; roll the vegetables in curry-powder and toss them in the butter till they are one-half dressed. Pour over them as much cream or gravy mixed smoothly with curry-powder or paste as will cover them, and stew till tender. Add a little salt and serve with rice boiled for curry on a separate dish. A tablespoonful of lemon juice is an improvement. If liked a small quantity of mashed potatoes or fried onions and an apple rubbed through a sieve may be added to the curry sauce. Shrimps or prawns may also be added if approved.

CHARLOTTE BARBER.

SOMETHING NEW IN CAKE MAKING.

Recipes for the above delightful cakes are all found within this book.

MEATS—HOW AND WHAT TO SELECT.

See Chapter entitled "Meats" in order to understand which pieces are most nourishing, which most strengthening, and which most desirable.

SALADS
WITHOUT MEATS.

AMONG the vegetables peculiarly fitted for the making of fine salads are celery, tomatoes, cucumbers, onions, lentils, cabbage, green beans, lettuce, cauliflower, water cress and radishes. To this may be added chervil, which is never absent from a French or English salad. It is much like parsley, but far more aromatic, and is used in much the same way. It can be procured at most of the vegetable markets, but in preparing a salad with it, the leaves alone are taken; the root being highly poisonous.

In preparing vegetables designed for salads it is proper to throw them into cold water for a short time, then carefully dry and lay them away until wanted. Never mix with the dressing until ready for use.

DRESSING FOR COLD SLAW.

Mix together one tablespoonful of dry mustard, three-fourths of a teaspoonful of sugar, salt-spoonful of salt. Stir smooth and add one-quarter of a pint of cream. Let these come to a boil just once, stirring all the time. Take it from the stove and beat in two eggs, which have previously been whipped well. Place the sauce back on the stove, letting it stand over a dish of boiling water. Keep stirring until thick, then add one-quarter of a pint of vinegar. This is a good sauce for slaw or cold meats.

MRS. MAUDE BLANCHARD.

For Mayonnaise and French Dressings see "Salads with Meats."

BOILED SALAD DRESSING.

Three eggs, one tablespoonful each of sugar, oil and salt, a scant tablespoonful of mustard, a cupful of milk and one cupful of vinegar; stir oil, salt, mustard and sugar in a bowl until perfectly smooth; then add eggs and beat well after; add vinegar and finally the milk; place all in a rice or custard boiler; keep constantly stirring for about twelve or fifteen minutes, until it is as thick as rich cream. This will keep in a cool place for two weeks.

MRS. W. P. SAUNDERS.

ORANGE SALAD.

Delicious for game or roasted poultry. Slice six tart, juicy oranges, remove the seeds, arranging the slices on a salad dish and dressing them with salad oil, a squeeze of lemon juice, salt and a dust of cayenne.

MATTIE SOFF.

WALDORF SALAD.

Pare and cut into quarter-inch dice the same amount of rich, tart apples that you do of celery cut in thin slices. Add to the apples and celery a generous handful of English walnuts or hickory nut meats and over all pour a rich mayonnaise dressing; serve on lettuce leaves with Long Branch wafers and toasted cheese. MRS. MINNIE BUCHANAN.

AFTER-DINNER SALAD.

Prepare apples as above and mix with hickory-nut meats. Lay on top of tossed-up water-cress and serve with French dressing.

MRS. A. C. NORTHRUP.

REAL SPANISH SALAD (FINE).

Take the crisp leaves of young lettuce, break into small pieces and put into a bowl. Now trim a dozen young onions, tops and all, and cut up with the lettuce. Pour over fresh dressing with a generous amount of oil. Let stand ten minutes and serve. SENORA CARMONA.

IMPERIAL SALAD.

Cut off some green asparagus tips one inch in length; cook them in salted water; drain and lay in a bowl, seasoning with salt, pepper, oil and vinegar; cut some cooked truffles the same length as the asparagus, season the same and one-half hour later lay them on a sieve to drain well, then add them to the asparagus and mingle with mayonnaise.

DELMONICO'S.

CABBAGE SALAD.

One or two eggs, two tablespoonfuls of sugar, one-half cupful of vinegar, one-half cupful of cream, one-half teaspoonful of mustard, chop the cabbage very fine and season with salt; beat the eggs and sugar together, then add the vinegar and mustard, set in a pan of boiling water (or use a rice steamer), and stir until thoroughly cooked and thick; let stand in china or glass dish until cold and just before serving add the cream and pour over the cabbage. Very delicate if well made.

MRS. B. DENNIG.

LENTEN SALAD.

One cupful of apples, crisp and cold Johnston, one cupful of celery, crisp and white, one cupful of Malaga grapes, one cupful of pecan meats one-half cupful of sliced banana; cover with mayonnaise dressing; prepare the last thing before serving, as the fruit discolors by standing.

MISS R. SOPER.

POTATO SALAD WITH NUTS.

Partially cold, sliced potatoes, hickory nuts, trifle of chopped onion, any good salad dressing, mayonnaise if preferred rich; garnish with chopped parsley, cold boiled beets, sliced lemons. Mix the nuts and potatoes, pour over them the dressing, seasoned with the onion and garnished to suit taste.

W. M.

MACEDOINE SALAD.

Take an even quantity of cold cooked vegetables—peas, turnips, beans, beets and potatoes cut fine. Add a little minced onion, cover with salad dressing, mix lightly and serve cold.

LILLIE TIBBITTS.

CHERRY SALAD.

Arrange lettuce leaves prettily on flat dish; seed the cherries and place a hazel-nut in center to keep shape; put cherries through the leaves; pour mayonnaise dressing to which has been added a tablespoonful of cherry juice, instead of vinegar; then put a few cherries over the top.

IONE ANDERSON.

ORANGE SALAD.

For poultry or game, orange salad will be found particularly delicious. Tart, juicy oranges should be sliced and the seeds removed. Arrange in a salad dish with or without lettuce and dress with lemon juice, salad oil, a sprinkling of salt and a dash of cayenne.

H. F.

GRAPE SALAD.

A very choice salad for a luncheon course is the following: Select the large white or light green grapes with tender skin, remove them from the stem, wash and take out seeds, taking care to preserve the shape of the grape. Fill the vacancy with any favorite nuts—pecans, hickory or the like. Let cool, arrange on plates and spread over a generous amount of mayonnaise. Serve at once.

A. C.

BEET SALAD.

Parboil beet, remove the skin, cut it into thin slices, and stew with small onions in a little gravy thickened with flour and cream. Add a

dessert-spoonful of vinegar, seasonings, and a little sugar. Spread the sliced beet on the dish, placing the onions between them. It is served cold with cheese and with vinegar poured over. L. S.

CELERY SALAD.

Pare the stalks from three bunches of celery, clean them, wipe dry with a napkin, chop and fill a salad bowl, adding a very little salt, pepper and three tablespoonfuls of good vinegar. Do not use any oil.

MRS. H. E. HEATH.

WATER-CRESS SALAD.

Use the tender leaves of the cress. Let them stand in cold water to make them crisp and then wipe dry. Sprinkle a teaspoonful of parsley and olives chopped fine. Add a few slices of sour apples and pour over it the French dressing which is made of one tablespoonful of vinegar, three tablespoonfuls of oil, one-half teaspoonful of salt and one-quarter of a teaspoonful of pepper. The two latter ingredients should be mixed with the oil and the vinegar stirred in slowly. To garnish water-cress a hard-boiled egg chopped fine and scattered over it is an improvement.

MRS. M. J. TOWN.

STRING BEAN SALAD.

Cook a quart of string beans, after having stringed and cut the ends off, in boiling water, well salted. When tender, take them out with the skimmer and put them into cold water. Drain them from this water thoroughly so they will be nearly dry. Place them in a salad dish, chop parsley, onion, and chervil over them, pour in some French dressing and it is ready for the table. PHEBE METCALF.

BEAN SALAD.

Soak a quart of beans three hours and boil them till tender, changing the water before boiling. When drained and thoroughly cold, chop some raw onion, olives and parsley and put them all in a salad bowl. Use six spoons of salad oil to two of vinegar. Mix well and serve.

MRS. JENNIE SAFFORD.

WALNUT SALAD.

Make a nest of lettuce leaves on a salad dish, arrange on it several pieces of orange, first cut into slices and then into quarters, and a few halves of English walnuts. Place on each a thin layer of mayonnaise dressing and serve. MRS. MARY GEORGE.

WALNUT SALAD—No. 2.

Chop lettuce and the whites of two hard-boiled eggs separately, not too fine. Toss lightly together, sprinkle the top thickly with English walnuts an the yolks of the eggs chopped coarsely. Pour over this any good salad dressing and serve on crisp lettuces. Yacht-Club dressing is very satisfactory. MRS. NELLIE BURWELL.

ORANGE SALAD.

Slice four peeled oranges lengthwise, dress with three or four tablespoonfuls of olive oil and one tablespoonful of lemon juice. Arrange slices in a mound upon a layer of lettuce leaves. Dress one cupful of nut meats with one tablespoonful of oil, a dash of salt and one-half tablespoonful of lemon juice and dispose upon the center of the mound. Toss together before serving. H. C.

PLANTATION SALAD (FINE).

Peel and cut very fine one large cucumber, one green onion, one punch of red radishes and shred one head of lettuce; mix all together with one teaspoonful of salt and one-quarter of a teaspoonful of pepper and one well-beaten egg. Brown a tablespoonful of bacon, cut into dice, in a pan over the fire, and add one-quarter of a cupful of cider vinegar with one-half cupful of water. Mix all together and serve. D. C.

NUT AND CELERY SALAD.

Cut two cupfuls of celery in fine shreds in water. Drain and dry, add one and one-half cupfuls of hickory-nut meats, broken fine, but not chopped. Serve with French dressing and garnish with water-cress. H. L.

CABBAGE AND CELERY SALAD.

Remove the center from a small, firm white cabbage. Cut very fine with a sharp knife. Keep in ice water for one hour. Drain and mix with equal parts of celery, cut in small pieces. Add cream dressing and refill the cabbage. Arrange on a folded napkin and garnish with plumes of celery and parsley, the plumes to be in honor of the day. M. A.

ORANGE AND LETTUCE SALAD.

Select tart, juicy oranges, peel and slice, removing the seeds. Line the bowl with lettuce leaves, arrange the organges on them (using six oranges), dress with a French dressing, using lemon juice in place of vinegar. M. C.

CAULIFLOWER SALAD.

Remove the leaves from one large cauliflower and boil for one-half hour in water slightly salted. Take out, drain, and divide it into small branches. Arrange in the center of a dish, and garnish with strips of pickled beets. Pour cream dressing or a breakfast-cupful of mayonnaise dressing over and serve quickly with hot cheese wafers. C. A.

SURPRISE SALAD.

Peel medium-sized tomatoes and empty their contents; now take some cabbage and celery and hash up very fine; add a few broken walnut meats and mix it with mayonnaise dressing; add a pinch of salt and a pinch of red pepper. Fill the tomato with this mixture and serve cold. Use one tomato for each guest. G. P.

ONION AND TOMATO SALAD.

Take a few firm, ripe tomatoes of medium size, wipe and cut them into one-fourth-inch slices; peel a Spanish onion and slice it very thin Arrange the sliced onion and tomatoes in layers in a salad-bowl and pour over them a plain salad dressing. M. P.

DANDELION SALAD.

Select fresh white dandelion leaves and wash thoroughly in three waters; drain and place in a salad-bowl. Take a pinch of salt, one-half pinch of pepper and one tablespoonful of vinegar, adding one tablespoonful of oil. Mix thoroughly, pour over the salad, and serve.

A. T.

VEGETABLE SALAD.

Take nice fresh lettuce, separate the leaves; after washing thoroughly lay in cold water to crisp; when ready to use wipe dry and spread out on a flat dish. Take some raw tomatoes, peel and slice thinly and lay over the lettuce; then a layer of cucumbers and over this another layer of tomatoes. Onion may be added if desired.

Dressing.—Take the yolk of one egg and cook, stirring all the time to make a smooth paste; let cool; then take the yolks of two raw eggs and stir with the cooked one; add one-half teaspoonful of mustard, salt and sugar to taste. Stir in a tablespoonful or more of olive oil and into this stir the juice of one juicy lemon. Just before serving pour the dressing over the salad and slice a lemon over the whole and serve. No vinegar. If pepper is added, use the red. Floretta Allen.

EGG SALAD.

Boil six eggs until the yolks are mealy. Boil also one dozen medium-sized potatoes, with the jackets on. Peel eggs and potatoes and cut in dice. Add two sliced onions. Put first a layer of one, then of the other, until all is used. Pour over it some cream salad dressing. SALLIE S. OWENS.

TOMATO AND LETTUCE SALAD.

Make a salad of lettuce and slice three tomatoes and lay them on top. Cover the whole with mayonnaise dressing. C. O. P.

WHITE CABBAGE SALAD.

Select a hard white head; take the yolks of two eggs, well beaten, three-quarters of a cupful of good cider vinegar, two teaspoonfuls of white sugar, a little mustard mixed in boiling water, salt, a pinch of red pepper and four tablespoonfuls of sweet cream. Mix together all but eggs and let it scald very hot. Then stir in the beaten eggs rapidly; pour quickly over the cabbage and mix well. MRS. F. J. BAKER.

RED CABBAGE SALAD—No. 2.

Cut a cabbage fine and put into a dish in layers, with salt and pepper between. For dressing, two teaspoonfuls of butter, two teaspoonfuls of flour, one cupful of vinegar, two teaspoonfuls of sugar, two teaspoonfuls of mustard, one egg; must be stirred all together and let come to a boil. Pour over hot and mix well with the cabbage; cover and it is ready.

H. F.

HOT CABBAGE SALAD—No. 2.

Pull the cabbage apart, scald it and leave it in the hot water for fifteen minutes, then drain it thoroughly dry. Chop in small pieces and moisten with the following dressing: Two eggs, two tablespoonfuls of sugar, one salt-spoonful of mustard, butter the size of a large nut, one teacupful of vinegar. Mix and let almost boil, when it will thicken. Add pepper and salt. Mix cabbage and dressing while the latter is hot.

MRS. T. J. CASSELL.

COLD-SLAW.

Pick a white, hard head of cabbage, cut it in halves and lay it in cold water, then shave it very fine. Boil a pint of vinegar, stir into it the well-beaten yolk of two eggs and then turn it over the cabbage, a short time before using. M. F. C.

GRANDMOTHER'S COLD-SLAW.

A very simple and old-fashioned way of making cold slaw is to cut the cabbage right across, as thin as possible. Let it stand in cold water five minutes. Drain and crisp it by dipping it into the water three times, then picking it over and drying it by laying it in a thin towel in the ice-box. Then pour over a cold-slaw dressing to wet it well, and serve.

MRS. LUCY HERZ.

COMBINATION SALAD.

One small, firm head of white cabbage, shredded very fine; four medium-sized tart apples cut in dice-shaped pieces; six cold, firm potatoes cut the same; one-half cupful of English walnuts cut in small pieces; one teaspoonful of finely-chopped white onion. If two stalks of celery cannot be procured, sprinkle freely with celery salt and one pinch of cayenne pepper. Toss well together with two silver or wooden forks (steel will cause the apple to turn dark) and pour over this a generous quantity of mayonnaise dressing. Place the salad on ice about one hour before using. Serve on lettuce leaves.

AUDITORIUM ANNEX, CHICAGO.

LENTEN SALAD.

Two pints of celery cut in one-half inch pieces, splitting each piece lengthwise; cut one pint of tart apples in small cubes; sprinkle a pinch of cayenne pepper; dissolve one spoonful of sugar in two tablespoonfuls of lemon juice, one teaspoonful of chopped parsley; add this to the apple and celery; toss up with mayonnaise. Add one small tablespoonful of Parmesan cheese. Serve on lettuce leaves. This is delicious when celery is new.

MARSHALL FIELD'S TEA ROOM.

TOMATO AND BEET SALAD.

Cook four large beets, when very cold cut into one-quarter-inch squares; peel six large tomatoes, without scalding; cut also in squares. Pour over the whole one-half pint of mayonnaise; serve on lettuce leaves.

S. F.

POTATO, ONION AND CELERY SALAD.

Three good-sized potatoes boiled and cut into one-half-inch squares; two heads of celery cut fine; one onion cut fine. Use mayonnaise dressing to cover.

P. O.

POTATO SALAD.

Four large potatoes, one-half of a small onion, a little celery chopped fine. If the potatoes have been boiled in their jackets they are better.

The dressing consists of one cupful of cream, one tablespoonful of corn-starch, one egg, two tablespoonfuls of butter, three tablespoonfuls of vinegar, one-half teaspoonful of dry mustard, one teaspoonful of sugar, salt and pepper to taste. IVY DELLBIDGE.

CUCUMBER SALAD (FRENCH.)

Peel three medium-sized cucumbers and cut them in halves lengthwise, taking out the seeds. Place them in ice-cold water for one hour. When ready to use, peel three small tomatoes and chop coarsely. Chop also one pint of water-cress and mix with the tomatoes. Add one-half teaspoonful of onion juice, one-half to three-fourths of a teaspoonful of salt and a slight dash of cayenne pepper. Dry the cucumbers in a napkin, fill them with the mixture and lay on lettuce leaves. Squeeze over the filling the juice of one lemon and a tablespoonful of olive oil and serve at once. Mayonnaise dressing is preferred by some in place of the lemon juice and olive oil. MRS. J. T. PICKENS.

DOMINION SALAD.

In making this salad, mix the ingredients in order given. One teaspoonful of onion chopped fine, five medium cold boiled potatoes, three hard-boiled eggs chopped, and the crisp tender leaves of two heads of lettuce, leaving out enough of the inner leaves to line the salad bowl. Pour over the following dressing and mix gently: Yolks of two eggs, three-fourths of a cupful of sour cream thickened with one-half teaspoonful of corn-starch dissolved in one tablespoonful of cold water; level tablespoonful of sugar, one teaspoonful of mixed mustard, one-eighth of a teaspoonful of red pepper, one teaspoonful of salt and one-half cupful of the best vinegar. Mix thoroughly and cook in double boiler or over the teakettle till it thickens. This dressing keeps well and quantity is sufficient for two salads of the size given. F. E. P.

MOCK PINEAPPLE SALAD.

Peel four sound apples of medium size and mild flavor; with an apple corer remove the cores and cut them into thin slices crosswise. Peel two fine oranges and remove the thick outside white pulp, slice them rather thicker than the apple, and, like them, crosswise, removing the seeds. Lay a slice of orange upon a slice of apple. Save the orange juice for the syrup. Place the slices in a circle in a glass dish. Pour the juice you have collected over the fruit. Sift white sugar thickly over it, also the juice of a lemon. To be eaten as a dessert. LILLIAN.

RADISH SALAD.

Scrape the radishes, cut them into very thin slices, and put into a salad bowl. Peel and slice a fresh cucumber, and put it in with the radishes. Mix in equal quantities salad oil and vinegar, season with salt and pepper and a speck of sugar and pour the mixture over the salad. Sprinkle over chopped capers and serve. ADINE SMITH.

WATERCRESS SALAD.

An excellent salad in the spring of the year is the watercress. Make as simple as possible. Select the best bunches, remove the heavy stalks, clean and dry in a napkin and place in a salad bowl. Dress with salt, pepper and lemon, or vinegar, instead of lemon. A little sugar if desired.
MRS. T. M.

ARTICHOKE SALAD.

Select fresh young artichokes; wash and slice crosswise in a salad bowl. The thinner they are sliced the nicer they will be. Dress with vinegar, salt, pepper and oil. Delicious. JOHN.

TOMATO AND ONION SALAD.

Take one-half dozen not over-ripe tomatoes and cut into thin slices; take one-half dozen small onions and cut up as fine as you can; sprinkle the onion over the tomato slices, add salt, pepper, and vinegar, and you will have a most appetizing relish. T. M.

FIRELESS COOKERY

The principle of fireless cooking is simply the retaining of heat by insulation, just as cold is retained in the icebox or refrigerator by insulation. Ordinarily, we heat food to the boiling point and then leave it over the fire or in the oven to keep it at a cooking degree of heat; and to do this, on account of radiation, we must keep on supplying heat.

When cooking in the fireless cookers, or fireless stoves, the insulation of the device retains all the heat, thus maintaining a cooking temperature without adding more heat. Thus we secure economy in fuel. A good fireless cooker will save three-fourths of the gas, wood, or coal used when cooking in a kitchen range.

The use of the fireless cooker is spreading rapidly, on account of its obvious saving in fuel, time, work and worry. It consists of a box or chest packed with a good non-conductor of heat, into which a kettle containing the food heated to the boiling point is placed. The lid, consisting of the same non-conducting material, is closed, and the heat cannot escape, consequently the water in the kettle remains at the boiling point for several hours, and the food is bound to cook the same as if it were on the stove. These cookers are now being manufactured by many firms. Among the best are the Duplex Stove, manufactured by The Durham Manufacturing Co. of Muncie, Ind., and the Ideal Fireless Cook Stove, made by The Toledo Cooker Co. of Toledo, Ohio.

In the fireless cooker, there is no evaporation. All the goodness and flavor of the food is retained by this slow and thorough mode of cooking. Onions and cabbage may be cooked without the odor permeating the house. While doing the morning dishes, you can cook what you want for the next meal, put the kettles in the fireless cooker, and attend to other things, or go out, without the slightest anxiety, and at meal time find it hot and deliciously cooked.

You can cook the oatmeal, or any cereal for five minutes at night, put it in the fireless cooker, and find it thoroughly cooked and hot at any time in the morning when needed. You can cook a boiled dinner, on a hot summer day, without any odor or heat in your kitchen. All this can be done on a fireless cooker.

In the modern fireless cookstove food may be roasted, baked, steamed, stewed or boiled. In it can be cooked fish, oysters, clams and all sea-foods; baked beans; vegetable dinner; beef, pork, mutton, spare ribs, ham, chicken, duck, goose, turkey, squabs—meats, fowls and poultry of every description; corn, peas, beets, beans, squash, cabbage, turnips, onions, all vegetables and garden sauce; oatmeal, cracked wheat, barley, rice, hominy, every kind of breakfast food; soup, broth, meat juices, etc.; bread, cake, pies and puddings of every kind; custards, fruit sauces, etc. All foods are better when cooked in a fireless range.

How to Prepare the Food.—Prepare the food for fireless cooking as you would for the old style stove, using your favorite recipe or the recipe of any standard cookbook. Fireless cooking does not demand any new knowledge about the preparation of the food.

Utensils to Be Used.—A standard equipment of aluminum kettles is usually furnished with a good modern fireless stove, but any utensil that will fit in the cooking compartment may be used.

Three Methods of Cooking.—In a typical modern fireless range, three methods are employed for cooking. One is with heated disks or radiators only, and the food is placed in the range cold and raw. The second method is to first heat the food, or bring it to the boiling point and place it in the fireless range without the heated radiators. The third method is a combination: The food is heated or brought to the boiling point, and placed in the fireless range with heated radiators.

The first method is used for roasting and baking meats and fowls, bread, cake, pies, tomatoes, potatoes, macaroni, beans, etc.—for all foods that are roasted or baked.

The second method is used for all foods that are boiled; meats, vegetables, cereals, etc.

The third method is used for all foods and all cooking and is a matter of judgment with the operator.

Cooking Time.—The time which should be allowed for cooking food in a fireless range depends upon the temperature of the radiators. Under ordinary conditions allow the same time for cooking in the fireless range as for cooking by the old-style stove. For meats and fowls allow about twenty minutes to the pound. Meats, fish, fowls, beans and the majority of foods can be kept in the fireless range for hours after cooking is completed and will be hot, savory and delicious when ready to eat. The cooking process con-

tinues until the food is thoroughly cooked, after which the food is retained in that state. Meats desired rare must be removed from the range at the specified time. If you wish the food to remain rare, yet hot for hours, remove the radiators and leave meat in the range with the cover closed. Cabbage, carrots and such foods may be left in the fireless range for hours after the cooking process is finished. Potatoes, green corn, biscuits and similar foods should be removed from the range when cooked.

Care of the Fireless Cook Stove.—A good modern fireless range, with metal linings and utensils of aluminum is the most sanitary cooking device in the world. Nothing can enter the cooking food through the range and there is no possible way by which the range itself can impart any unnatural odor or flavor to the food. In this, as in every other detail, the fireless surpasses the old-style stove. Nevertheless, the interior of the range, also the radiators and cooking utensils, must be kept clean. The interior of the range and all parts accompanying, as well as the radiators, should be well wiped off before using for the first time. The interior of the range should be wiped out with a damp cloth after each cooking, and the cover of the range left open. This will keep the range sweet and clean.

How to Cook Successfully.—Good cooking—whether it be done with the fireless stove, the gas stove, the electric stove, or the ordinary kitchen stove—requires patience, experience, good judgment, and some knowledge of the effect of moist and dry heat upon certain foods.

You can not put hastily and poorly prepared dishes in the fireless stove and take them out as triumphs of culinary art. But after a little experience the average cook will have no difficulty in cooking in a fireless stove.

Always bear in mind that the essential thing in successful fireless cooking is to have enough heat units confined in the fireless stove, when closed, to cook the food.

Bear in mind that a kettle full of boiling food will keep hot longer than a kettle only partly filled; and when boiling, steaming or stewing a small quantity of food, it is advisable to use the top vessel and put boiling water in the lower vessel.

When cooking two articles of food, it is better to place the vessel containing the smaller quantity on top of the vessel containing the larger quantity of food.

The length of time it takes to cook food thoroughly in the fireless stove can be only approximately given. The time required depends on the kind

of food being prepared, the amount of heat units in the hot disks or radiators and contained in the food itself when confined in the fireless stove.

The necessary thing to do is to place the food in the fireless stove in plenty of time, so there will be no need to remove it before the time it is required for use. A good fireless stove will usually retain a cooking temperature from four to five hours, and the food can be left in the stove four or five hours longer before it cools.

To sum the matter up, skill in cooking in a fireless stove means a combination of experience and judgment obtained by following the directions of the manufacturer of the particular stove that is used.

Use of Water in Cooking.—For fireless cooking, do not use as much water as a recipe specifies for cooking by the old stove method. Usually about one-half as much water is sufficient.

When roasting meats or fowls, NO water is used.

FIRELESS COOKING OF CEREALS.

Oatmeal and cereals of all kinds are best cooked by the fireless method. A much enjoyed feature of the fireless cookstove is the "over-night" cooking. Cereals and food placed in the cooker at night "cook while you sleep" and are ready to be eaten at breakfast—any hour. All the health-giving substance, all the delightful flavor, is there waiting for a hungry breakfast appetite. Should the cooked cereal not be warm enough to serve, a few minutes over the flame of any stove will give it the temperature desired.

Several methods may be followed in cooking cereals, thus:

Cereal first brought to boiling point and placed in cooker without radiator.

Cereal first brought to boil and placed in the cooker with heated radiator.

Cereal placed in cooker cold and raw with heated radiator.

Or, cooked with "double boiler." A double boiler is made by placing a 4-quart utensil inside of an 8-quart utensil. When cooked this way the food is usually brought to a boil and boiling water poured in the 8-quart utensil up nearly to the top of the 4-quart utensil. Use one radiator.

Cooks differ as to which of the above methods they prefer; however, the majority seem in favor of the "double boiler" method.

CORN MEAL MUSH.

One cup corn meal, one teaspoon salt, three cups water. Slowly stir the meal into boiling salted water, being careful not to lump. Allow to boil

slowly for ten minutes, place in cooker and allow to remain eight to ten hours or all night. Use one radiator. If you wish to fry mush use less water.

OATMEAL.

One cup oatmeal, one teaspoon salt, three cups water. Stir meal into boiling salt water, boil five minutes, place in cooker over night. Use one radiator.

BOILED RICE.

One cup rice, five cups water, two teaspoons salt. Clean and wash rice, then stir it into boiling salted water and allow to boil five minutes. Place kettle in cooker and allow to remain three hours. It may be left over night without overcooking. Use one radiator.

SOUP.

The real value of Soup is brought out in a fireless cooker. Meats and bones for soup cost but little and by using the fireless method the real expense of the dish—the long cooking over a fire and constant watching, is done away with, and it becomes one of the most economical as well as healthful of foods. The foundation of all soups is the juice or extracts of meats, poultry, etc., that are used, and the true flavor and the nutriment of these things are developed more fully in a fireless cooker than when cooked by any other method.

FISH.

Fish cooked in a fireless cooker is delightful. Fish is a food that may be easily cooked over a blaze, but the fireless is especially serviceable for cooking fish when one wishes to find the meal cooked when arriving home, as fish does not become soft nor fall to pieces by standing a considerable length of time in the fireless cookstove.

MEATS.

All meats are best cooked in a fireless cooker. The more expensive meats are not necessarily the most nutritious. If the housewife thoroughly understands the right way to prepare the cheaper meats, and has a fireless cook stove, it is possible to have a tender and juicy piece of meat at a comparatively small cost. Meat, although one of the most important foods—and one of the most expensive—is too often ruined in the cooking. By the stove method much of the rich, juicy nutriments are cooked out of the meat, leaving it a hard, leathery fiber. Meats cooked in a fireless stove do not lose in weight, because nothing escapes, and there is no shrinkage from evaporation. It is a recognized fact that the tough meats can be reduced to toothsome tender-

ness if steamed in a closed roaster for several hours. This is the principle of the fireless cooker.

BROWN BEEF STEW.

Cut two pounds of beef into small cubes. Roll them in flour. Put two tablespoons of suet in sauce pan, shake it over the fire until it is well melted. Remove the cracklings and throw in the meat. Shake over fire until slightly browned. Draw the meat to one side of the pan, add two tablespoons of flour to the fat. When smooth, add one quart of stock, one teaspoon of salt, one onion, one bay leaf, one small carrot, one saltspoon of pepper and one teaspoon of some good sauce. Place in fireless cookstove for three hours, using two radiators.

BEEF AU GRATIN.

Put in baking dish a layer of bread crumbs, then some thin slices of fat salt pork, slices of cold cooked beef, onion, parsley and another layer of crumbs, until the dish is full; pour over all any left-over gravy so as to moisten. Bake in the fireless cooker for one hour. Use two radiators.

BOILED DINNER.

Take three or four pounds of corned beef, cover with cold water and let boil slowly for twenty minutes. Then skim and add a small cabbage, a few carrots, potatoes and turnips and boil for five minutes. Place in the fireless stove for four hours. Use one radiator.

ROAST CHICKEN.

The time necessary for roasting a chicken depends on the age of the bird. One hour and a half is sufficiently long for a young chicken, but an older one should be roasted two hours, and a very tough chicken three hours. If this course is followed, old chickens will turn out as tender and savory as spring chickens. Prepare the chicken in your usual method for the oven. It will not be necessary to heat the chicken to brown it before it has been placed in the fireless. If both radiators are made very hot the chicken when roasted will turn out nicely browned. The chicken, therefore, can be placed cold in the vessel and placed at once in the cooker for roasting. It is not necessary to open the cooker for basting as the hot steam prevents burning.

CHICKEN STEW.

Clean chicken and cut into small pieces. Put in kettle and cover with water; allow to boil slowly for thirty minutes; season with pepper and salt, and place in cooker for six hours. Remove from cooker and add thickening.

Serve on toast or the stew may again be brought to the boiling point and dumplings added and the kettle replaced in the cooker for thirty minutes. Use one radiator.

POT ROAST.

Place pot roast in the fireless cook stove with salt and pepper only, omitting any water. Place one sizzling hot radiator above and one below and roast as desired. If rare do not give so long a time.

ROAST PORK.

Select a piece suitable in shape for fitting in the larger vessel and cook from one hour and a half to three hours, according to the size of the roast. Use two radiators.

STEAK AND ONIONS.

Select a thick steak and butter on both sides; slice the onions thin and lay a layer of onions on top of the steak. Place in shallow cooking vessel and put in cooker. Use both radiators, the same as in the roast, and leave it in for about three-quarters of an hour.

SWEETBREADS.

Wash sweetbreads and soak in slightly salted water for one hour. Plunge them in boiling salted water and boil three minutes. Place in cooker for two hours. Then plunge them in cold water; when chilled remove membrane. They may be rolled in crumbs and egg and fried, or broken in small pieces to cream. Use one radiator.

VEGETABLES.

As with other foods, vegetables are cooked best in a fireless range, because the food value and taste are developed. For those vegetables that are cooked or boiled in water, the same recipes can be applied as for an ordinary stove or range. It is only necessary to put sufficient boiling water over the vegetables before placing in the cooker and use one radiator. When baking vegetables two radiators are used. Vegetables may be cooked by all of the three methods previously explained, and each housewife should determine to her own satisfaction which method gives the best results.

All good cooks are aware that some kinds of vegetables are better when cooked at a smart boil, such as potatoes and other vegetables containing a large percentage of starch; while other vegetables, such as parsnips, carrots and turnips, containing but little starch, are hardened by high heat and should be cooked slowly without radiators. Again, green peas and asparagus, containing much sugar, are better cooked without the radiators, as there will be no violent boiling.

CASSEROLE COOKERY

The modern housekeeper has begun to learn that there are other ways of cooking food than by broiling, boiling or roasting, all of which processes call for a high degree of heat. She has come to know that long, slow cooking at a gentle heat best conserves the nutritive elements of food and the flavors that render it most agreeable to us. It is this method of cooking that the earthen *casserole,* with its close-fitting cover, has made possible for us.

Then, too, the casserole is the serving as well as the cooking dish; and, besides, as from its nature it retains heat for a long time, the food presented in it may be kept in good condition for the late comer or tardy diner.

The casserole may be, also, the main dependence of the woman who does her own work and likes to serve her meals daintily in courses. The viands cooked in the casserole, whether of fish, flesh or fowl, nicely seasoned, and ready to serve, will not deteriorate, if they be left in the oven while the appetizer and soup are being eaten; they may be brought to the table without further manipulation or a minute's delay.

Hence in the modern kitchen we find many earthen pots, pans, teapots, custard cups, shirrers, *au gratin* dishes, ramekins (French *ramequins*), rarebit dishes, and casseroles, round and oval.

Within the last few years the use of the casserole in American cookery has been greatly extended and developed by the fact that American potteries now manufacture casseroles which successfully compete with the imported French ware and secure results that satisfy the most fastidious cook and the most exacting epicurean taste.

The French pottery, though regarded by some as superior to the American product, suffers the handicaps of heavy transportation and tariff expenses. American-made cooking and serving dishes of this brown, white-lined, enameled ware have therefore attained a great success. The first manufacturer could not make it fast enough to supply all the people who clamored for it. The low price of the domestic ware in casseroles, ramekins (individual dishes), teapots, etc., was a surprise to housekeepers, while its finish and wearing qualities gained their admiration.

The slogan, "Cook and Serve in the Same Dish," used by the pioneer manufacturer in America, described the principle of casserole cookery, with which millions of Americans are now familiar. The casserole proper is essentially a baker, or dish in which foods may be conveniently baked and then served without removal from the dish. In the most common form it has either one long handle or two short lug handles. And casserole cookery is popular because the earthenware dishes can be so easily and thoroughly cleaned. They do not retain odors, but can be kept scrupulously wholesome, sweet and chemically clean.

Like all vessels of earthenware, casseroles can be broken if improperly used. Treated rationally, they are of long endurance and wear splendidly. Accidents may occur to the best housekeepers, and earthenware will get broken, but the casserole need not and will not be broken in ordinary, every-day cooking if used for the definite purposes for which it is designed.

For the processes of cooking that require the highest temperatures, as sautéing meats; pan-broiling chops or steaks; frying croquettes or doughnuts; and roasting meats uncovered and basted with fat only, the casserole is not to be recommended. But it has its own particular place in cookery and for many purposes is unequaled.

There is something irresistibly tempting, indescribable in charm, and really fascinating in the service of food *en casserole*. There is such an atmosphere of good fellowship, and wholesome hospitality around about such dishes that every genuine home-maker and lover of good living will readily become an enthusiast in casserole cookery.

Casserole cookery is neither the mysterious nor the difficult art that the uninitiated might imagine. It can be easily cultivated, and will repay the mistress of the art a hundred-fold in saving of time, money and labor. The least expensive cuts of meat fare as happily in the casserole as those of extravagant prices. It is an ancient bird indeed and tough and poor the meat that will not yield to the gentle persuasiveness of a simmering process and surrender their flavors to the subtle influence of cookery in a casserole.

Directions for Use.—In dishes where the success of the cooking depends upon that long, slow simmering process which breaks up fiber and connective tissue, it is an excellent plan to cut out a piece of heavy paper, a little larger than the cover, so that the edges may extend half an inch or more, grease the paper, lay over top of dish, place on the cover, and this will assist in making a "steam-proof" lining to the cover and prevent the escape of flavors.

The perfect control of heat is also essential in casserole cookery. When

cooking is being done on top of range, with wood, coal or gas as the fuel, an asbestos mat placed underneath will modify the heat. The asbestos mat may also be used in the oven. If the heat must be intense for other foods in progress of cooking at the same time that you would have a delicate morsel in the casserole in the oven, control the heat by placing the casserole in a pan of water which can be lowered in temperature by occasional supplies of cold water added to the hot water.

To serve casserole dishes, if necessary, clean quickly when removed from the oven, with clean cloth dipped in hot water; place on a plate with napkin or paper doily underneath. Keep covered between serving so that food may remain hot throughout the meal.

In cooking chicken, veal and the like *en casserole,* after the vegetables, mushrooms and wine have been added, press a strip of dough over the meeting line of cover and dish; this will swell in the heat and hermetically seal the casserole.

When the dish is taken from the oven for serving, scrape from it the dough, but do not open the casserole until it has been set upon the table; the pottery cover is removed with a napkin by the waitress after placing the casserole upon the table. Any kind of dough at hand may be used to seal a casserole, but if it be necessary to prepare it expressly for this purpose, stir into a generous cup of flour as much water as is needed to form a stiff dough, then knead and roll it under the hands into a strip and use as indicated above.

In using earthenware, great care should be exercised, especially if the dish is new, not to change the temperature suddenly from hot to cold, or from cold to hot, lest the ware be cracked, for heat expands and cold contracts. Earthenware hardens with usage, and in time becomes very, very durable.

SQUABS EN CASSEROLE.

Clean and truss four or five squabs. Put into frying-pan two tablespoons each of butter, fat from bacon, and finely cut, lean raw ham. When hot brown squabs quickly and remove to the casserole. To fat in pan add two tablespoons flour, and, when blended, add one-fourth teaspoon salt, few grains pepper, one pint of stock or water, sprig parsley, slice of onion, half stock celery. Let cook few minutes, then turn over squabs. Cover closely and put in oven and let cook from two to four hours, slowly, according to tenderness of squabs. When nearly done, remove parsley and celery, add

half dozen pimolas, cut in thin slices, and simmer on top of range for a few minutes. Serve from casserole at table.

CHICKEN EN CASSEROLE.

Separate the chicken into pieces at the joints and wipe each with a wet cloth; sauté in butter melted in a frying pan, first on one side and then on the other, then transfer the pieces to the casserole; add about a pint of hot, white broth (made from veal or chicken) or boiling water, put on the cover and let cook in a moderately heated oven about one hour and a quarter. Melt two or three tablespoonfuls of butter in the frying pan and in it sauté six or eight peeled mushroom caps, a dozen slices or balls (cut with French cutter) of carrot, two dozen potato balls, and six peeled onions the size of the potato balls. As soon as these are browned remove them to the casserole, add more broth, if needed, four tablespoonfuls of sherry wine, and salt to season; set the cover in place, seal the dish with paste, and return to the oven for another half hour or until the vegetables are tender, when the chicken should be cooked.

SWEETBREADS EN CASSEROLE.

Parboil one pound sweetbreads in salted, acidulated water for about twenty minutes. Drain and cool for subsequent cooking. Melt one rounding tablespoon butter and add one rounding tablespoon flour. When blended add one-fourth teaspoon salt, few grains white pepper, few grains mace, grated peel from one-fourth lemon and add one and one-half cups milk gradually. Cook to thicken smoothly. Have ready in casserole the sweetbreads cut in small pieces. Over them pour the hot sauce, and add one-half cup diced mushrooms. Cover and let simmer for twenty minutes. Serve from casserole on triangles of hot, buttered toast. Will serve four or five persons.

MUSHROOMS STEWED IN CREAM.

Clean one pound fresh mushrooms. Break into pieces, if large. Sauté in hot butter. Put into casserole. Cover with rich milk or cream, and let simmer gently for twenty minutes. To thicken cream, blend smoothly one level tablespoon flour with three or four tablespoons milk for each cup of milk used for stewing. Add thickening to mushrooms when about half done. Season to taste with salt and pepper. Will serve four persons.

BEEFSTEAK EN CASSEROLE.

Use two pounds of round steak cut from one inch to one inch and a half thick. The steak may be left whole or cut into pieces two inches square.

Heat an iron frying pan, rub over the surface with a bit of fat from the meat, put in the steak, and cook first on one side and then on the other to harden the meat on the outside and thus keep in the juices; put the meat into the casserole; put in also a dozen and a half pieces each of carrot and turnip. The vegetables may be cut in similar shaped slices, cubes or triangles, or they may be cut into balls with a French cutter, add also about a dozen very small onions, nicely peeled, a tablespoonful of favorite sauce, and a generous pint of brown stock or boiling water. Cover, and let cook very gently in the oven for an hour and a half. After cooking an hour, add salt and more broth if needed. Serve from the casserole. The vegetables may be browned in one-fourth cup of dripping before being put into the casserole. For this style of cooking, round steak gives a richer dish than does a sirloin steak, and should be selected, when the cooking is to be done in the casserole.

POTTED OX TAIL.

Cut two ox tails each into two or three pieces and put into large casserole. Into the frying-pan put three slices bacon and try out. Add one onion, sliced, one level teaspoon sugar and brown well together. When browned, pour on pint boiling water, let boil up once and strain into casserole. Add one-fourth cup cut carrot, one-half cup celery, three or four cloves and one small bay leaf. Cover closely and simmer slowly for two hours. Add one rounding teaspoon salt when half cooked, also one-half cup white wine, if desired. When meat is tender, pour off and strain stock. Melt and brown one rounding tablespoon butter, add two slightly rounding tablespoons flour and brown. Then add gradually one pint strained stock. Let cook smoothly, add one-half teaspoon of a good sauce, pour over meat in casserole. Let heat well together and serve from casserole.

POTATOES EN CASSEROLE.

Melt one-fourth cup of butter (the clear fat from bacon or salt pork or the fat taken from the top of a kettle of soup are all well adapted to this use) in frying pan. Have ready nearly a quart of balls cut from pared potatoes with a French cutter, washed in cold water, and dried in a cloth. Turn the balls into the hot fat, and add a teaspoonful of salt and a grating (about a teaspoonful) of onion. Shake the frying pan over a brick fire to brown the potatoes; then add brown stock or boiling water nearly to cover the potatoes, and heat the whole to the boiling point. Add a tablespoon of chopped parsley and turn into a casserole, cover close, and let cook in a moderate oven about forty minutes. Serve from the dish. Balls cut from

turnips, carrots and Jerusalem artichokes, as also pieces of celery, an inch and a half in length, may be cooked in the same way. When the cooking is finished there should not be a superfluity of liquid in the dish—just enough to serve a scant tablespoonful with each service of vegetable.

FRICASSEE OF RABBIT.

Separate a rabbit into joints for serving. Sauté in hot fat from bacon or salt pork until browned lightly. Add one tablespoon butter to fat remaining in pan and sauté one small onion, sliced, one-fourth pound lean ham, cut in dice, and one small sweet pepper cut in strips. Stir until brown, then add two cups of stock, one-third cup white wine, if desired, and let simmer for half an hour. Blanch one cup rice and dispose rice over rabbit as it is laid in casserole. Add the stock and season as required. Cover closely and cook in moderate oven, one hour or longer, according to tenderness of rabbit. Serve from casserole. Chicken may be cooked in same way.

HUNGARIAN GOULASCH.

Slice a peeled onion and cook it until brown in three tablespoonfuls of fat fried out of salt pork; take out the onion and turn in a pound and a half of lean, uncooked veal cut in inch cubes; stir and cook the meat until slightly browned, then rejecting the fat, if there be any in the pan, dispose the meat in a casserole; add about a pint of broth, or boiling water, and a teaspoonful of paprika, cover the dish and set to cook in the oven. In the meantime add more fat to the frying pan, and when hot, brown in about a dozen balls cut from pared potatoes, and a dozen small onions; when the onions are well browned, add them to the casserole, and after the meat has been cooking an hour, add a teaspoonful of salt and the potatoes, and, if desired, two tablespoonfuls of flour mixed to a thin paste with cold water. Let cook in all about two hours. Serve from the casserole.

AU GRATIN DISHES.

"Au gratin" dishes are exceedingly popular, and, deservedly so. Potatoes, cauliflower, egg plant, cabbage, macaroni, celery, rice, Brussels sprouts, hominy, tomatoes, oysters, shrimps, fish and asparagus vie with each other as favorites in this repertory of dishes.

CAULIFLOWER WITH CHEESE AU GRATIN.

Have ready a cauliflower cooked in boiling, salted water until tender. Separate the cauliflower into flowerets, and dispose these, stems downward, in ramekins. For a medium sized cauliflower melt three tablespoonfuls of butter and cook in it three tablespoonfuls of flour, half a teaspoonful of salt

and a dash of paprika; then add a cup and a half of milk, and stir until the sauce boils, then stir in a cup of grated cheese and pour a little of the sauce over the cauliflower in each ramekin. Stir a cup of fine cracker crumbs into one-third cup of melted butter; sprinkle these over the cauliflower and sauce, and set the ramekins into the oven to brown the crumbs. Serve in the ramekins as a vegetable entree.

HALIBUT POULETTE IN RAMEKINS AU GRATIN.

Pick a cup and a half of cooked halibut into small pieces; add to it the sifted yolks and chopped whites of four hard-cooked eggs. Make a white sauce of three tablespoonfuls, each, of butter and flour, half a teaspoonful, each, of salt and paprika, one cup of chicken broth and half a cup of cream, or a cup and a half of milk. Stir the fish and eggs into the sauce. Put the mixture into buttered ramekins, spread over the top a cup of cracker crumbs, mixed with one-third cup of melted butter and set into the oven to brown the crumbs. Serve at once. Lobster, shrimps, salmon or other cooked fish may be used for this dish.

POTATOES AU GRATIN.

Reheat two cups of cold boiled potatoes, cut in dice, in one and one-fourth cups of white sauce, prepared as follows: Put two tablespoons butter in saucepan, stir until melted and bubbling; add one and one-half tablespoons flour, mixed with one-fourth teaspoonful of salt and a few grains of pepper, and stir until thoroughly blended. Pour on gradually one cup of milk, adding about one-third at a time, stirring until well mixed, then beating until smooth and glossy. Put in buttered oval baking dish or casserole, cover with buttered crumbs, and bake until crumbs are brown.

STUFFED SQUASH AU GRATIN.

Peel, wash and boil tender three or four summer squashes. Have ready a small squash, steamed whole until tender. With a small biscuit cutter, score scallops near the top of the squash, to remove a piece from the top. Through this opening take out the seeds to leave a perfect shell. Mash the boiled squashes and add a beaten egg mixed with half a cup of scalded cream, two or three tablespoonfuls of butter, half a teaspoonful or more of salt and a dash of pepper; mix thoroughly and turn into the squash shell, set in an au gratin dish. Spread cracker crumbs, mixed with melted butter, over the top of the squash and bake about twenty minutes.

NEW WAYS TO SERVE EGGS.

SHIRRED EGGS.

For each earthenware shirrer take about three tablespoonfuls of fine bread crumbs from the center of a slice or loaf and an equal quantity of fine-chopped cooked chicken or ham. Add a few grains of salt and cream or broth to make a thin batter. Butter a shirrer dish, put in a little of the batter, break in an egg, and cover it with the rest of the batter. Let cook in a moderate oven until the egg is set. Serve in the shirrers. For a change prepare about half the quantity of "batter," put this in the shirrers, break in the eggs, then cook until set. Take from the oven, and finish by disposing a tablespoonful of hot white or tomato sauce above the egg. This, though it requires a little more work, is preferable.

RAMEKINS OF EGGS WITH SWEETBREADS OR CHICKEN.

This dish may be prepared from left-over bits of chicken or from the trimmings of sweetbreads purchased for another dish. Cut the chicken or sweetbreads into small cubes. Make a cup of sauce of two tablespoonfuls, each, of butter and flour, one-fourth teaspoonful, each, of salt and pepper, and a cup of rich milk or thin cream, or half cream and half stock. Stir the prepared cubes into half of the sauce, and put this in the bottom of three or four buttered ramekins; break an egg into each ramekin over the mixture, and set the ramekins into the oven on several folds of paper and surrounded with hot water, until the eggs are "set;" put the rest of the sauce—kept hot for the purpose—over the eggs, cover the dishes, and send them at once to the table. Celery, cut in half-inch pieces, peas, or asparagus tips, all well cooked, or pieces of cooked oysters, lobster or shrimps may take the place of the chicken, or sweetbreads.

RAMEKINS OF EGGS WITH TOMATO SAUCE.

Melt three tablespoonfuls of butter; cook in this two slices of onion, a sprig of parsley and a piece of green pepper pod. When browned slightly, add two tablespoonfuls of flour and cook until frothy; then add a cup of cooked tomatoes; stir until boiling, then strain. Put one or two tablespoonfuls of sauce in each ramekin, and break an egg over the sauce; let cook in the oven about six minutes, or until the egg is set; put a little of the tomato sauce, kept hot for the purpose, over the egg and send at once to the table.

BAKED EGGS.

Butter an earthenware baking dish (casserole), break as many eggs as will be needed into a saucer, one by one, and if found good, slip each into the baking dish. No broken yolk must be allowed nor must they crowd so as to risk breaking the yolk after put in. Put a small piece of butter on each and sprinkle with pepper and salt. Set into a well-heated oven and bake till the whites are set. If the oven is rightly heated it will take but a few minutes and the cooking will be far more delicate than fried eggs.

OYSTERS CODDLED IN RAMEKINS.

From slices of bread half an inch thick stamp out pieces of bread the size of the ramekins; toast and butter them and set one in each ramekin; above these dispose a layer of oysters carefully washed and freed from bits of shell; sprinkle the oysters with salt and pepper, and pour over them two tablespoonfuls of cream sauce (see creamed oysters) made with milk or cream. Sprinkle the contents of each dish with two tablespoonfuls of cracker crumbs, mixed with butter. Cook in the oven (not in a dish of hot water) about eight minutes, or until the crumbs are well browned and send at once to the table.

BROWN FRICASSEE OF OYSTERS IN RAMEKINS.

Melt one-fourth cup of butter; in this cook two slices of onion, a sprig or two of parsley, three slices of carrot, and one-fourth of a green pepper pod, cut in strips, until they are browned. In the meanwhile, scald one quart of oysters and drain them carefully. Cook one-third cup of flour in the butter with the vegetables, until it is well browned, then add one cup of oyster liquor and one-half cup of cream and stir constantly until the sauce thickens and boils, then strain over the drained oysters and let heat over boiling water. When ready to serve turn into the ramekins, made hot in the warming oven or hot water, and serve at once. Pass at the same time hot biscuits, rolls or puff-paste diamonds. This dish may be served in either covered or uncovered ramekins.

OYSTERS SCALLOPED IN RAMEKINS.

Stir half a cup of butter (generous if you like) into a cup, each, of grated bread crumbs (soft) and cracker crumbs. Have the oysters carefully rinsed with water to remove bits of shell. Butter the ramekins, put in a layer of the buttered crumbs, then a layer of oysters and sprinkle them with salt and pepper, then add a sprinkling of buttered crumbs, a tablespoonful of oyster liquor or sherry wine, then a second layer of oysters;

sprinkle with salt and pepper and cover with buttered crumbs. Bake about fifteen minutes, or until the crumbs are browned. Use uncovered ramekins.

CREAMED OYSTERS IN RAMEKINS.

Pour a cup of cold water over a quart of oysters, and look over and wash the oysters to remove shell or sand. Strain the liquor through two folds of cheesecloth, set it over the fire and heat to the boiling point; skim, then add the oysters and heat these as quickly as possible to the boiling point; drain the oysters and leave them whole or cut them in halves. Melt three tablespoonfuls of butter; in this cook three tablespoonfuls of flour, half a teaspoonful of salt, and a dash of pepper, then add a cup of the broth and half a cup of rich cream, or in place of these one cup and a half of rich milk; stir until boiling, then add the oysters and let become very hot. Serve in covered ramekins, made hot by rinsing them in hot water. Serve with these olives or pickles, baking powder biscuits or yeast rolls.

HARD EGGS A LA DREUX IN RAMEKINS.

Prepare a pint of cream sauce and four "hard-boiled" eggs. Peel one-fourth of a pound of mushroom caps, and cut or break them into small pieces; let cook in three tablespoonfuls of hot butter till the butter is absorbed, then pour on the cream sauce and let cook over hot water fifteen minutes; add half a cup of cooked ham, cut in small cubes, and the cooked eggs, cut in slices; mix and turn into buttered ramekins, cover with a cup of cracker crumbs, mixed with one-third cup of melted butter and let stand in a hot oven to brown the crumbs.

COOKING AND SERVING IN RAMEKINS.

LOBSTER NEWBURG IN RAMEKINS.

Melt two tablespoonfuls of butter in a frying pan and stir into it a pint of lobster meat cut in small pieces, shaking in a little salt and a dash of paprika; cover the dish and let stand for three or four minutes, then add one-fourth cup of sherry or madeira and mix thoroughly. Lastly, stir in the beaten yolks of three eggs, mixed with half a cup of cream; stir and cook (without boiling) until the mixture becomes very hot and slightly thickened, then turn into hot ramekins, cover closely and send at once to the table. Par-boiled oysters or clams, cooked chicken, finnan haddie, lobster, shrimps and sweetbreads may be prepared by the same recipe.

CHICKEN BECHAMEL IN RAMEKINS.

Melt two tablespoonfuls butter; cook in this two tablespoonfuls flour, half a teaspoonful of salt and a dash of pepper, then stir in three-fourths cup, each, of chicken broth and milk or cream; stir until boiling, then add a tablespoonful of fine-chopped parsley, about ten drops of onion juice, a pint of cooked chicken, chopped fine, and the beaten yolks of four eggs; turn the mixture into buttered ramekins and make the top of the mixture smooth. Set the ramekins on many folds of paper in an agate dish, surrounded with boiling water to half their height and let cook in a moderate oven about twenty minutes, or until the mixture feels firm. If uncovered ramekins be used, when sending to the table, set a sprig of parsley in the top of each. Mushrooms or sweetbreads may be mixed with the chicken; or fish, oysters, lobster, shrimps, sweetbreads and mushrooms may be used in place of the chicken.

TURBANS OF FISH IN RAMEKINS.

For eight ramekins have two small slices of halibut cut entirely across the fish; remove the skin and bone, thus securing eight "fillets" of the same shape and size. Trim these, if when rolled they will be too large for the ramekins. Dip the fillets in melted butter; squeeze over them the juice of half a lemon and a little onion juice and sprinkle with a little salt. Commencing at the widest end, roll each fillet into a "turban" and push a wooden toothpick, dipped in melted butter, through the turban, to hold it in shape. Set the prepared turbans in an agate pan, pour in a little fish stock (made by simmering the bones and trimmings of the fish with a few slices, each, of carrot and onion in water to cover) and put a teaspoonful of butter on each. Cook in a moderate oven about fifteen minutes. Baste three or four times with the liquid in the pan. When the turbans are cooked drain off the liquid and add to it enough cream or milk to make a cup and a half in all. Melt three tablespoonfuls of butter; cook in it three tablespoonfuls of flour and one-fourth teaspoonful, each, of salt and pepper; add the liquid and stir until boiling. Set the turbans in the ramekins, pour sauce over and around them, cover and serve at once.

BOOK III

MISCELLANEOUS

IN AND ABOUT THE HOME

fabrics should only be washed on the board (not in the machine), with as little rubbing as possible, immediately rinsed and hung in a shady place to dry.

Flannels should not be rubbed on the board at all, unless absolutely necessary, rinsed in lukewarm, or cold water, if wool soap is used, wrung as dry as possible, shaken well and immediately hung up to dry where they will not freeze, do not sprinkle and iron as little as possible, stretching them instead, to keep the texture from matting and become close and hard.

TO MAKE STARCH.

Mix gloss with a little cold water, add a little kerosene, then enough boiling water until it looks clear (keep stirring while adding the water); boil five to ten minutes. If too thick when done add cold water. Always starch the fine, white clothes first, the light calicos, ginghams, etc., next, and the dark ones last. H. S.

TO PREVENT RUST ON FLAT-IRONS.

Bees-wax and salt will make them as smooth as desired. Tie a lump of wax in a rag and keep it for that purpose, and when the iron is hot rub it first with the wax and then scour it with the salt; spread on a board or stove if no board is handy. W. G.

TO REMOVE FRUIT STAINS FROM LINEN AND COTTON.

Fruit stains on white goods can very often be removed by pouring boiling water directly from the kettle over the spots or soak them in sweet milk. This must, however, be done before putting into water or before soap is used. May Rhodes.

TO REMOVE INK AND RUST FROM LINEN AND COTTON.

Soak the stains in a weak solution of tincture of chloride and rinse immediately after with much water. The tincture of salt is more reliable in removing iron rust and quicker in its action than oxalic acid or mix salt with lemon juice and apply to the spots. Bell KaDell.

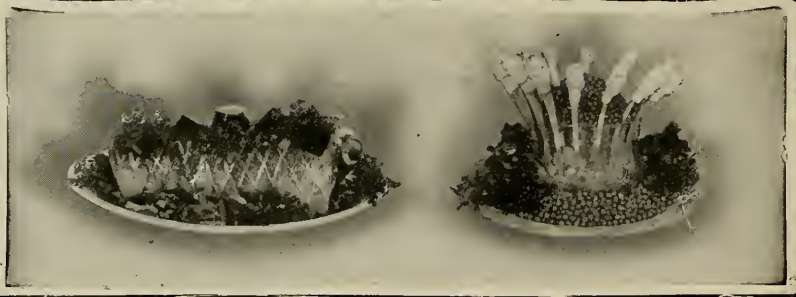
TO CLEAN SILVER, GOLD LACE AND GOLD BRAID.

Take a piece of woolen cloth, place the lace on this, free it of all dust with a brush, and then apply some alum (which has been burnt, powdered and sifted through a fine sieve) with a soft brush. This will remove the tarnish and restore it to its former brightness if it has not been worn threadbare.

ROLLS, PRETZELS, COFFEE CAKE, ETC.
(Directions for Making, see Page 145-146-149.)

GRANDMOTHER'S BROWN BREAD
(Directions for Making, see Page 138.)

ALL KINDS OF WHITE BREAD
(How to Make. See Chapter "Bread, Biscuit, Muffins," etc.)



BREAST OF VEAL
(Stuffed.)

LAMB CHOPS
(Garnished with Peas.)

LEG OF LAMB
(Caper Sauce.)

SIRLOIN ROAST
(Decorated with Roses.)

ROAST CHICKEN
(Giblet Sauce.)

TENDERLOIN OF BEEF
(Larded.)

TO WASH BLANKETS.

Use plenty of soft water, and soap that has no resin in it. Resin hardens the fibres of woolen goods and should never be used. The water in which they are scalded should be made quite blue with indigo. I. J.

WASHING FLUID—HOW TO MAKE.

Four pounds of sal soda, two ounces of borax, one ounce of sal tartar, one-half pint of water of ammonia, two ounces of spirits of camphor, one ounce of oil of turpentine, six pints of hot water. Dissolve the salts in the hot water and add the liquids in succession, mix well and bottle. Add one tablespoonful of this to each gallon of water used for soaking the clothes before washing and a little may be used in the washing water if necessary. MRS. R.

SOFT SOAP—HOW TO MAKE.

Four to five pounds of tallow, a box of condensed lye, three pints of cold water. Put the tallow in an iron pot and dissolve by gentle heat then remove from the fire (it must be merely lukewarm). Dissolve the lye in three pints of cold water and add to the tallow, stirring it until it gets white and thick. Cover closely with a heavy cloth and stand it away until the next day, then cut up the soap, which has become hard, add hot water and keep stirring until all is dissolved; do not heat it again; pour it into a five-gallon jar and add enough water to fill it, then set aside for further use. Excellent for washing all things that have to be laundered, especially nice for machine use. ADA. FOLTZ.

NOTE.—Take one quart of the above soap, dissolve it in hot water, add one box of Lewis lye, when this is dissolved add enough water to make it four gallons. This soap is unsurpassed for scrubbing sinks, tables and floors. When wanted, dilute some of it in boiling water and use in place of hard soap. DE L.

EXCELLENT HARD SOAP.

One can of Babbitt's potash, three pints of cold water, two heaping tablespoonfuls of powdered borax, five pounds of grease, one-half ounce of oil of sassafras; put grease over fire in kettle; cover with water; let boil thoroughly to wash all salt out of grease; pour into pans; set where it will harden; next day skim off the nice clean grease, weigh it, taking exactly five pounds. The day before you wish to make soap put borax and potash into pitcher, with three pints of cold water. Melt the grease to consistency of strained honey; put in sassafras, take from fire, pouring

slowly the lye water; stir at least ten minutes, or until it begins to harden; then pour into a box you have previously lined with wet cotton cloth. Next day you can cut into cakes, and set away to dry.

MRS. A. M. SETH.

Economics for the House.

TO PRESERVE ICE IN THE ICE-BOX.

One of the best ways, when one's supply of ice begins to run short, is to wrap the ice in several thicknesses of newspaper. A flannel sheet will have the same effect. H. O. G.

HOW TO REMOVE GREASE FROM GLASS.

Finger marks or grease on looking-glasses, window-panes, etc., can be removed if a little ammonia is added to clear water. Never use soap. A little alcohol and water rubbed on quickly and wiped dry will leave window-panes bright and shining. MRS. MILLER.

TO CLEAN PAINT.

Put one tablespoonful of ammonia in one quart of hot water, dip a flannel cloth into this and wipe off the woodwork. If cleaned in this way no scrubbing will be necessary. C. H. D.

TO BRIGHTEN MATTING.

Take one pint of salt, dissolve in one-half pail of water, wash the matting twice during the summer with this and dry quickly with a soft cloth.

S. P. A.

TO BRIGHTEN OILCLOTH.

Rub all over with a cloth dipped in milk after it has been washed in the usual way, avoiding strong soap suds as they remove the varnish.

AUNT SARAH.

TO CLEAN GREASE FROM CARPETS.

Use ammonia almost pure, cover the spot with white blotting paper and iron lightly or rub spot with a white flannel dipped in turpentine. C.

TO REMOVE MILDEW STAINS.

Soak in milk for forty-eight hours, or, rub with lemon juice and salt. The same remark applies to these as to peach stains. PHOEBE D.

TO RESTORE COLOR IN WOOLEN GOODS.

Brush the article well to free it of all dust, then spread with a lather of castile soap, rinse this all off well, then repeat the rinsing with alum water. G. T

TO RESTORE FURNITURE.

Mix together three parts of linseed oil and one part of spirits of turpentine. Apply with a woolen cloth, also rub dry with a woolen cloth. This not only covers disfigurations but restores the wood to its original color and natural brightness. LIZZIE H.

TO REMOVE STAINS FROM MARBLE.

Make a paste of powdered soapstone and benzine, spread it thickly over the marble and leave it on over night, keeping it well covered to prevent evaporation, wash off with clear water, if the stains are not removed repeat the process. Whiting is sometimes used in place of the soapstone. PROF. D.

TO RESTORE GILT FRAMES.

Take a soft brush and carefully free the frames of every particle of dust, then cover with the following mixture: The white of one egg and one-half ounce of chloride of potassa. Apply with a soft brush.

The Scientific American says if you desire to cleanse gilt frames without tarnishing them, wash them in beer. G. T. H.

TO WASH FEATHER PILLOWS.

Choose a bright, windy day; fill the wash tub with hot suds and plunge the pillows (with feathers) in them. Put them through several waters, shaking them about briskly, then hang on the line in the open air. When perfectly dry shake well. They will be light, fresh and sweet. After they have been washed in this way, they ought to be hung out in the warm, fresh air every day for a week, but they must never be put directly in the hot sun, as the heat draws the oil out of the feathers and gives them an unpleasant odor. JACKS.

TO POLISH HARDWOOD FLOORS.

Take one or two pounds of spermaceti to every gallon of turpentine. Melt the spermaceti, then gradually add the turpentine. Polish floors with this about every four weeks, after they are thoroughly cleaned. This is an excellent polish to remove all stickiness in corners and crevices caused by the use of wax, etc.; best applied warm. PETER FOX.

TO POLISH GLASS.

For glassware, mirrors, etc., mix calcine magnesia with enough gasoline to make a liquid the consistency of cream. This will polish glass to perfection. JAY BOGART.

POLISH FOR SILVER AND NICKEL-PLATED WARE.

One-half ounce of fine crocus martis two ounces of fossil silica, one-half pound of prepared chalk. The fossil silica must be rubbed to a fine powder and mixed well with chalk. C. I.

POLISH FOR BRASS AND COPPER.

One ounce of oxalic acid, two ounces of crocus martis, four ounces of whiting, one pint of water. Mix all together thoroughly, bottle and always shake well before using. Apply with a cloth, rub until clean, then polish dry with whiting. R. N. F.

TO POLISH TIN.

All kitchen utensils should undergo an extra cleaning once or twice a year. This is quickly and easily done by plunging them into a boiler of strong soda water and letting them boil until all spots and blemishes are easily removed; then polish with one part of oxide of tin and three parts of whiting. Mix well, rub with the powder. A. U.

TO REMOVE RUST FROM STEEL.

Cover the steel with olive oil; after twenty-four hours rub it with powdered unslacked lime until the rust disappears. P. Q.

TO SCOUR KNIVES.

Add a little soda to the scouring brick, Sapolio, or the ashes of wood or hard coal, sifted. M. CLARK.

TO REMOVE STAINS ON CHINA.

Moisten a flannel, dip in whiting and rub well or scour with Sapolio. T. KINNEY.

TO STRENGTHEN GLASSWARE.

All glassware that one wishes to keep from cracking must be put into a dish of slightly salted cold water. Let it come to a boil slowly, then boil well, and again cool slowly, the slower the process, especially that of cooling the more effective will be the result. C. Z.

TO TREAT NEW IRONWARE.

To prepare new iron kettles for use and prevent rust, fill them with potato peelings and boil for an hour, then wash with hot water and rub with a little lard. A. O.

DISH-CLOTHS AND TOWELS.

Add a little ammonia to the water in which dish-cloths and towels are washed. Wash out those that need it after each meal, or at least once a day, and hang up to dry. JANE P.

CANNED GOODS—HOW TO TREAT THEM.

Contents of tin cans must always be emptied as soon as opened. Place in an earthen or glass bowl for one or two hours to draw back the oxygen that heat has eliminated. BELL KADELL.

TO KEEP GLUE LIQUID.

Dissolve the glue in whisky instead of water. Pour it into a bottle and cork it tight. This will keep for years. I. F.

WOODEN WATER PAILS.

A preventive of the bad taste which a wooden pail will impart to water is obtained by varnishing the inside of the pail, when new, with three coats of common copal varnish. H. S.

FURNITURE VARNISH.

Mix one-half pint of raw linseed oil, one-half pint of strong vinegar, one teaspoonful of 4-FFFF's ammonia. This last can only be obtained at the druggists. T. CREGAR.

TO RUB UP WOODWORK.

The oak and hard woods so much used in furniture often take on a dark, stained appearance. A fine cleanser is made by adding one-half pint of *boiled* oil to one-half pint of turpentine. This will remove all dirt, but will not polish. MRS. SAMANTHA KINSLEY.

TO CLEAN BLACK KID GLOVES.

A good way to clean black kid gloves is to take a teaspoonful of salad oil, drop a few drops of ink into it, and rub it over the gloves with the tip of a feather, then let them dry in the sun. TANNER.

CREPE VEILS STIFFENED.

Always keep the veil folded and pressed under a heavy book, and when it looks gray take alcohol enough to wet it thoroughly, then shake it dry, fold it nicely and press. Black crepe can also be perfectly restored by holding it over the steam of a boiling kettle. H. R.

INDELIBLE INK—HOW TO MAKE.

An ink that will prove indelible for marking clothes is made of four drachms of nitrate of silver, four ounces of rain water, sixty drops of solution of nutgalls, one-half drachm of gum-arabic. L. T.

INDELIBLE INK—No. 2.

One-half ounce of nitrate of silver, three ounces of water, one-half ounce of gum-arabic; dissolve and keep in a dark bottle. Write on the clothes to be marked with a goose quill or a gold pen. This ink will ruin steel pens. H. I. E.

TO WASH CORSETS.

To keep a pair of corsets perfectly fresh and clean they should be washed every two or three weeks. The operation is simple and will not injure the shape or cut. Make warm suds into which a few drops of ammonia have been put. Spread the corset on a flat table, taking out the laces, but not the bones and steels. Scrub it with a clean brush and the hot suds, then rinse quickly in clear, warm water. Lay flat on a board in the sun or near the fire so that it may dry quickly. Do not iron. I. I.

TO CLEAN FELT HATS.

Remove hatband and place hat to be cleaned on a table. Moisten a cupful of white corn-meal and rub on brim and crown of the hat until dirt disappears. Shake well and dust over with dry meal. Then dry the hat thoroughly and brush with a stiff brush. It is then like a new one. P. I.

TO REMOVE RUST FROM STEEL.

Rub sweet oil well on the rust spots and in forty-eight hours use finely-powdered unslacked lime, and rub till the rust disappears. D. Q.

CEMENT FOR CRACKS IN STOVES.

A good cement may be made of wood ashes and salt, in equal parts. Make a paste with cold water and fill the cracks when the stove is cool. It soon hardens. C. H. D.

TO KEEP MOTHS OUT OF CARPETS.

Wash the floor with a strong brine, before laying the carpet, and sweep with salt once a week. T. K.

TO PREVENT ICE ON WINDOWS.

Windows can be kept free from ice and be highly polished by dipping a sponge in alcohol, and rubbing the glass with it. M. H.

HOW TO DUST.

In dusting, use a soft cloth rather than a feather duster. The feathers scatter the dust, while the cloth can be shaken out, often, and you can be sure of a clean surface. Mrs. Lizzie S.

CRACKS IN STOVE PIPES.

Cracks in stoves and stove pipes are readily closed by a paste made of ashes and salt with water. Iron turnings or fillings, sal ammoniac and water make a hard and durable cement. R. B.

TO CLEAN MICA.

Never attempt to clean the mica in stoves with water and soap. It will cause it to scale at once. Dip a soft cloth in clear vinegar and rub the mica over quickly, not forgetting the corners. It will stay clean for a long time. N. O. A.

MUCILAGE FOR LABELS.

Two ounces of dextrine, one drachm of glycerine, one ounce of alcohol and six ounces of water. T. H.

TO RESTORE THE COLOR OF BLACK KID BOOTS.

Take a small quantity of good black ink, mix it with the white of an egg, and apply it to the boots with a soft sponge. V. M.

TO CLEAN SILVER.

Take one pound of common hard soap, three tablespoonfuls of spirits of turpentine and one-half tumblerful of water. Allow the soap to dissolve; then boil ten minutes, and before it cools add six tablespoonfuls of hartshorn. Make a suds of this preparation and wash the article to be cleaned with it. L. E.

VARNISHING PLASTER CASTS.

The little plaster of Paris statuettes one sees in so many homes can be kept fresh and clean by taking one-half ounce each of white soap and wax, two pints of water. Boil them together for about five minutes in a clean vessel. This forms a firm varnish, which should be applied to the figures with a soft brush when cold. It dries very readily and may be washed with fine soap. T. U.

TO JAPAN OLD TEA TRAYS.

First clean them thoroughly with soap and water and a little rottenstone; then dry them by wiping and exposing to the fire. Now get some good copal varnish, mix it with bronze powder and apply with a brush to the denuded parts. After which set the tray in an oven at a heat of from 212 to 300 degrees until the varnish is dry. Two coats will make it equal to new. Mrs. Lilly.

TO REGULATE THE CLOCK.

When the clock refuses to go, try the following, before taking it to the repair shop: Take off the pointers and the face; take off the pendulum and its wire. Remove the ratchet from the "tick" wheel, and the clock will run down with great velocity. Let it go; the increasing speed wears away the gum and dust from the pinions—the clock cleans itself. If you have any sperm oil, put the least bit on the axles. Put the machine together, and nine times in ten it will run just as well as if it had been taken to the shop. In fact, this is the way most shopmen clean clocks. If instead of a pendulum, the clock has a watch escapement, this latter can be taken out in an instant, without taking the works apart, and the result is the same. It takes about twenty minutes to so clean a clock, and saves a dollar. Zeb B.

AQUARIUM CEMENT.

Take equal parts of very clean, sharp sand, plaster of Paris, and litharge; mix well and make into a stiff putty with boiled linseed oil. This makes a splendid cement. H. L.

The Dairy.

As the subject of cheese is discussed by itself we will here only speak briefly of butter. Butter making is a thing so generally understood by all who keep cows that only a word here is needed. The first great requisite of good butter is cleanliness. One cannot be too careful in see-

ing that the dairy, cellar, or the room in which the milk is set to rise, has an abundance of fresh air and is thoroughly clean and sweet. Decayed vegetables, or rank odors of any and every sort should be eliminated; the milk pans (or cans which are now much used) should be thoroughly scalded and dried in the sun or in the heater and then placed in the open air. The cream should be skimmed at the proper time and the churning should be done before the cream gets old. In skimming cream into the cream jars it should all be stirred up each time so that it becomes uniform and all sours alike. S. H.

TO MAKE BUTTER.

In order to churn quickly the cream should be from 50° to 58° Fahr. In winter the cream can be set for an hour in a warm room to bring it to the proper degree of heat or warm water can be added to it after it has been placed in the churn. In the summer time it should be placed in ice-water or in a cellar.

Before putting cream in the churn scald churn well with hot water, then with cold, but do not wipe. Put in cream and churn evenly and quite rapidly at first slowing down as the butter begins to appear. After butter collects take it up in a wooden bowl with wooden ladle both of which must be scalded and then rinsed in cold water. Do not wash butter as that destroys some of its flavor. Add fine salt in proportion of two even teaspoonfuls to a pound, let get cold and then work the buttermilk out. Pack in jars or make in balls. W. H. KaDell.

BRINE TO BRESERVE BUTTER.

Make a brine of salt strong enough to bear up an egg; add a little white sugar and a speck of saltpetre; boil the brine and when cold strain. Pour it over the butter so as to cover. This excludes the air. Place a weight over; plain salt and water brine is quite as good if preferred.

Homekeeper.

Dyeing and Coloring.

An article intended for dyeing must be clean, else it will not take the dye satisfactorily. First scour your goods thoroughly with soap and rinse the soap out well. When ready to color the goods, dip them in cold water, so that they will not spot. When they are dyed, air them. Rinse well after that and hang them up to dry. Silks and merinos must not be wrung. Cotton goods must be bleached or faded before dyeing, if a light color is desired.

There are a set of "Family Dyes" on the market, which are giving entire satisfaction, and which are simple to use, as the directions accompany them. There is no need to experiment as to the color you desire, as a color card goes with them. These dyes are cheap, and are the experiences of professional dyers. They can be obtained at any drug store.

WALNUT BARK AS A DYE.

Walnut bark will color any shade from a light tan to coal-black. Color the wool before carding, as follows: Peel the bark from the body of the tree (the bark off the roots is best). Put into a barrel a layer of bark and wool alternately, till you fill the barrel, then fill up the barrel with rain water. Lay on the top heavy weights. Let it stand in the sun or some warm place till you get the shade required. A. H. C.

BUTTERNUT BARK AS A DYE.

Another way to color yarn, cloth or carpet rags is to boil a large iron kettle full of butternut bark four hours; take out the bark, put in a spoonful of copperas. If you wish a black put in more copperas or a little blue vitriol (too much vitriol rots the goods). Then while the dye is boiling, put in the goods and keep stirring and once every few minutes lift the goods with a stick into the air, then put them under. And keep watching and moving them until you obtain the desired shade. Do not fold or pack them too tight, or they will spot. Sarah A. Bixby.

TO COLOR SILK LILAC.

For three pounds of silk take five and one-quarter pounds of archil. Mix well with the liquor, letting it boil fifteen minutes. When you dip the silk do so quickly, then let it cool and wash it in soft water, and a very pretty violet will be the result. J. F. G.

TO COLOR WOOL SCARLET.

One ounce of cream of tartar, one ounce of cochineal well powdered, five ounces of muriate of tin. This will do two pounds of goods. Boil the dye and put in the goods. Work briskly for fifteen minutes, then boil one and one-half hours, moving the goods about while boiling. Wash in cold water and dry in a shady place. M. H.

TO COLOR WOOL BLUE.

Use three ounces of cream of tartar and five ounces of alum. Boil two pounds of goods in this one hour, then place them in warm water

which has extract of indigo in it and boil till the tint is right increasing the amount of indigo if necessary. D. B.

TO COLOR WOOL PURPLE.

Every pound of wool goods will require two ounces of cudbear. Rinse the article to be dyed thoroughly in soapsuds, then dissolve cudbear in hot suds, not quite boiling, but near it and soak the goods till of the right color. Rinse in alum water. T. C.

TO COLOR SILK GREEN.

Take equal quantities of yellow oak and hickory bark. Make a strong bath by boiling. Add a small quantity of the extract of indigo. M.

SALMON COLOR.

Take to each pound of goods one-quarter of a pound of annotto, and one-quarter of a pound of soap. Rinse goods in warm water, then boil them in the mixture one-half hour. The depth of shade is determined by the amount of annotto. F. D. C.

TO COLOR COTTON SKY BLUE.

Four ounces of vitriol (blue) to each three pounds of goods. Boil it a few moments, then dip the goods three hours. Pass them through a strong lime water. If they are then put through a solution of prussiate of potash a beautiful brown will result. S. A. B.

TO COLOR COTTON YELLOW.

Take one-half pound of sugar of lead and dissolve it in hot water. Dissolve one-eighth of a pound of bichromate of potash. Dip first in the lead, then in the potash till it is as bright a yellow as you want it. This amount is enough for three pounds of goods. To make them bright orange, dip according to above dye, and then dip in very strong boiling alum water. Wring out, and dip in clear, hot rain water. S. A. B.

TO COLOR BROWN.

Take one pound of catechu extract and one-half ounce of vitriol; dissolve in rain water; in the catechu put water enough to wet your goods. Color in an iron kettle. Then put in your vitriol. Wet goods in soapsuds before putting in the dye. This is a fast color. Mrs. A. S.

TO COLOR COTTON BLUE.

Take five ounces of copperas and put it in water enough to just cover the goods to be dyed. Let it come to a scald and immerse the fabric for thirty minutes, then take out and air. Put six ounces of prussiate of potash in clean water in the kettle. Let the goods stand in this for thirty minutes more, remove and add two ounces of oil of vitriol. Put the goods back twenty minutes longer, if a dark blue is desired. MRS. H.

TO BLEACH GOODS.

There should be no grease in articles that are to be put through the dyeing process. It is necessary, often, to get rid of all the color in a piece of goods. This can be done by boiling in strong soapsuds till faded but be particular to rinse out all the soap. F. A. EVANS.

BLACK FOR COTTON AND WOOLEN GOODS.

A black that will neither stain nor fade is made of two ounces of extract of logwood, one-half ounce of sugar of lead and one ounce of blue vitriol. Dissolve the vitriol and logwood in two separate waters. Wash the goods in warm water and place them in the vitriol water. Put the lead into the logwood water, and as soon as hot take the goods from the vitriol water and submerge in the dye, stirring them well for one-half hour. Make a strong brine of salt and take out the goods from the dye, put them into a tub and pour the salt water over them. Let stand till cold, hang up, let dry, and rinse in clear warm water. W. L.

TO COLOR WOOL GOODS GREEN.

Wool goods will take a handsome green by taking one-half pound of fustic with one and three-quarter ounces of alum. Steep until strength is all out and soak the goods in this till a good yellow is had. Then take out the chips and add one tablespoonful of extract of indigo, till the color is bright enough. MISS JOHNSON.

TO COLOR SILK CRIMSON.

Three ounces of alum are required for each pound of goods. Heat and dip at hand heat, for one hour. Take out and drain, making a dye of three ounces of cochineal, one-quarter of an ounce of cream of tartar, two ounces of bruised nutgalls in a pail of water and boiling it ten minutes. When a little cool, dip, raising the heat to a boil. Dip one hour, then wash and dry. C. D.

TO COLOR WOOL GOODS CLARET.

Take three and one-half pounds of camwood, one-twentieth of a pound of logwood, and one-eighth of a pound of copperas, and boil seven pounds of goods in this dye for two hours. MRS. D.

TO COLOR WOOL GOODS BLACK.

To five pounds of goods take six ounces of blue vitriol; boil the vitriol five minutes, then dip the goods for three-quarters of an hour, airing it now and then. Make a dye with three pounds of logwood and boil one-half hour. Dip three-quarters of an hour, air the goods and dip the same length of time again. Then wash in strong suds. J. E.

TO DYE FURS.

It is difficult to dye furs. Take one-half gallon of lye, adding one quart of soft water. Heat it in an iron kettle. Take one-half ounce of acetate of lead, one-half ounce of sulphate of iron and three ounces of litharge. Powder the ingredients and dissolve one at a time in the lye. As soon as the liquid is of a blood heat put the furs in for a few moments only. Air them and dip them in strong vinegar, then smooth them and hang up to dry. You can make the dye stronger if the color does not take very well. N. P.

Household Hints.

HOW TO ESCAPE FROM A BURNING HOUSE.

If you are ever unfortunate enough to be in a house on fire, apply a wet cloth to the mouth and nostrils; you can get through the dense smoke easily. If possible, cover the whole head and face. CHIEF.

HOW TO REMOVE PUTTY FROM OLD WINDOWS.

Window sashes are often cut and broken in trying to remove old putty. Apply a hot iron to the putty, which will then yield to the knife and leave the sash clean. F. WOLHIRT.

HOW TO KEEP THE LAMP CHIMNEYS CLEAN.

After the lamps are filled and the chimneys washed and put on the shelf, take pieces of newspaper and roll in the form of a cornucopia and slip over chimney and lamp; it will protect from dust and flies, and when the lamps are lighted one will be rewarded by finding them as clear and bright as when first put in order. NEATNESS.

HOW TO CLEAN VINEGAR CRUETS.

Shake crushed eggshells and little water vigorously in a vinegar cruet and it will remove that cloudy look which the bottle often takes on. J.

HOW TO CRYSTALLIZE GRASSES.

Take one and one-half pounds of rock alum, pour on three pints of boiling water; when quite cool put into a wide-mouthed vessel. Hang in the grasses, a few at a time. Do not let them get too heavy, or the stems will not support them. Again heat the alum and add more grasses. By adding a little coloring it will give variety. LOTTIE MAY.

HOW TO MAKE SWEEPING CAPS.

Any girl who values a clean head with bright hair, will cover it up while sweeping; coquettish little sweeping caps may be made by cutting a piece of bright pink, blue or gray cambric in a circular shape, and making a shirr within two inches of the edge (which should be hemmed) and running in an elastic or a piece of narrow tape, with which it can be drawn up to fit the head. MRS. HOY.

AVOID METAL UTENSILS.

Always be careful to use earthenware dishes for putting away gravies, soups, etc. Persons have been poisoned by carelessness in using for such purposes metal vessels, which contained verdigris caused by the action upon the metal of vegetable acids. J. N. H.

HOW TO GREASE A GRIDDLE.

The nicest way to grease a griddle is to use a large piece of beef suet tied in a thin cloth. ECONOMY.

A DEODORIZER.

A piece of red pepper the size of a ten-cent piece put with meat or vegetables when first beginning to cook, will kill the unpleasant odor arising. This is particularly desirable with cabbage, green or white beans, onions, chickens and mutton. CHILLY.

PAPERING WALLS.

Paper may be made to adhere to whitewashed walls by washing them with vinegar. When dry, the paper will stick. MECHANIC.

THE VARIED USES OF LEMON.

Every toilet table should be liberally supplied with lemons. Their uses are so varied and so valuable that no one can overlook them. Among

them is the fact that a teaspoonful of lemon juice in a cupful of black coffee will drive away the headache. But if, on rising, the juice of one-half of a lemon be squeezed into a cupful of very hot water and drank with no sugar there will be no headache to drive away. A slice of lemon rubbed on the temples and back of the neck will also cure the headache. A solution of lemon juice should always be at hand. A little rubbed on the skin at night will whiten and soften its texture. A paste made of magnesia and lemon juice will bleach the face and hands when applied to them. A fine manicure acid is made from a teaspoonful of lemon juice in a cupful of warm soft water. It will whiten discolored and stained finger nails. Lemon juice in water will loosen the tartar that accumulates on the teeth. It makes the breath sweet. A slice of lemon rubbed over tan shoes which are then wiped off with a soft cloth will remove black stains from their surface. BESSIE HILL PORTER.

FOR THE TOILET TABLE.

A nice hair pin receiver may be made from a round collar or cuff box. The cover is not used. Cover the bottom and sides neatly with some merino or anything convenient, the color of the worsted to be used, scarlet being the most serviceable. Crochet in split zephyr, a strip to cover the sides and sew it on. Fill the box with black curled hair, such as upholsterers use. Crochet a circular piece for the top in the open-stitch, finished with shells, tacking it on the covered edge of the box just inside the shells. It is not a thing of beauty but is so convenient and easily made that it becomes quite necessary. MRS. OLIVE GREEN.

THE ORCHID FAD.

If there is anything new in toilet preparations the distinction belongs to the orchid. It may be a surprise to many to be told that that weird flower has a scent but there is no doubt about the article of commerce. Dealers charge $2 and $3 a bottle for four ounces of orchid extracts. The odor is delicate, pleasing and lasting. There is orchid powder and cream for the face, orchid paste for the hands and orchid vinegar for the bath. The powders are made in pink, cream, mauve and aster tints.

Sick and Convalescent

NURSING the sick is a duty that requires intelligence and patience. Few sick persons retain the cheerfulness that characterized them while well, and in dealing with their little whims, the tenderest forbearance should be exercised. Affection softens the touch and makes unpalatable potions endurable. In a sick room a clean and wholesome dress is ever called into use. Perfect cleanliness of hands and nails is imperative. A cheerful spirit is the best medicine of all.

Never ask a patient what he would like to eat, but surprise him or her with something delicately prepared, for one who is really sick never has an appetite and has no choice. Permit little or no company in the sick room. Caution is to be observed regarding remarks about the sick in their presence. Have the room well ventilated from the top, but avoid draughts or a cold room. These few hints are not given for professional nurses, but to aid a family to take charge of their own sick, sensibly and conscientiously. PROF. R.

PREPARATION OF FOOD FOR THE SICK AND CONVALESCENT.

It is extremely difficult to know exactly what diet to give to sick persons; very often a slight error in diet will bring on a fatal result.

When any article of food causes increased action of the heart, quickness of the pulse, headache, or pains in the stomach or bowels, it is then an indication that such food is injurious. The patient should not be urged to eat; he is better able to tell what he wishes than any one else. If he craves for any particular thing, as a general thing it will do him good.

When the patient is recovering from disease, but is still weak, though gradually regaining strength, strict attention should be given to the diet. In regard to the kinds of food which may be allowed, it should be remembered that first of all, it must be light and nutritious. Milk is probably as easy of digestion as any other substance; it may be given at all times during the sickness and convalescence without injury; it should, however, not be used except when drawn immediately from the cow. After the cream has formed, it is indigestible. Eggs broken in hot water and slightly cooked may also be allowed. Boiled rice is easy of digestion, and beef tea, mutton broth and chicken are useful in convalescence. Fruits

are sometimes very beneficial, and at other times very hurtful. In fever, the juice of ripe oranges will be extremely grateful; the pulpy part should be rejected. Grapes may also be allowed, being careful not to swallow the seeds or skin. Lemon juice, lemonade, strawberries which have their juice bruised out and strained, may also be allowed. Hot water poured upon bruised tamarinds, peaches, etc., and allowed to stand until cold, will be beneficial. Toast water may be used as a drink. Cold water may be taken at all times with benefit, if it causes no distressing symptoms. Rice water, barley water and apple water are all good drinks. Boiled fish is generally easy of digestion, as well as oyster broth. As a general rule, all shell fish should be forbidden. Vegetables, such as boiled potatoes, boiled beets, and boiled onions, may be eaten without harm; they should, however, be boiled in two waters until quite soft. PROF. R.

TO MAKE GRUEL.

The following is an excellent recipe: Pour one quart of hot water into a clean earthen or tin vessel over a brisk fire; when it boils, add two large tablespoonfuls of corn or oatmeal; mix it smooth in just water enough to thicken it; put a small lump of butter into the water and when melted, add the meal and stir for about one-half hour; then add a teacupful of sweet milk, and when it boils again throw in the upper crust of hard-baked bread cut into small pieces; let it boil some time and add a little black pepper, a little salt, a pinch of grated nutmeg, a little more butter and a teaspoonful of French brandy. The butter, spices and brandy should be omitted when the case is a serious one. NURSE.

BEEF TEA.

Take one pound of lean beef, cut it fine, put it in a bottle corked tightly, and put the bottle into a kettle of warm water; the water should be allowed to boil for a considerable time; the bottle should then be removed and the contents poured out. The tea may be salted a little and a teaspoonful given each time. Another way of preparing it is as follows: Take a thick steak, broil slightly on a gridiron until the juices have started, and then squeeze thoroughly with a lemon squeezer. The juice thus extracted will be highly nutritious. M. S.

TOAST WATER.

Toast slightly a piece of bread, and add to it boiling water; if preferred, sweeten. It may be flavored with lemon or orange peel. R. DEL.

FLAXSEED TEA.

Take one ounce of flaxseed and a little pounded licorice root and pour on a pint of boiling water; place the vessel near a fire for four hours; strain through a linen or cotton cloth. P. T.

BARLEY COFFEE.

Roast barley until well brown and boil a tablespoonful of it in a pint of water for five minutes; strain and add a little sugar, if desired. A nourishing drink toward the close of fever and during convalescence. M. H. O.

OATMEAL COFFEE.

Mix common oatmeal and water to form cake; bake and brown it, powder it, and boil in water five minutes. Good for checking obstinate vomiting, especially in cholera morbus. J. POLLOCK.

CRACKED OR ROLLED WHEAT.

In two quarts of boiling water, stir one pint of cracked wheat. One-half teaspoonful of salt. Use a farina boiler or double kettle, and cook three hours without stirring. When done, mold in dishes. Eat hot or cold with fruit sauce, or cream and sugar. Excellent in constipation or biliousness. The rolled wheat is preferable. Not being able to procure it ready prepared one can crack wheat in an ordinary coffee mill. J. I.

OATMEAL MUSH.

Coarse oatmeal should also be cooked like rolled wheat. If desired warm for breakfast, can be left in a granite or porcelain farina boiler over night, and heated in a few minutes. Do not soak oatmeal over night, nor try to cook it sufficiently in the morning. It must never be stirred while cooking. Fine oatmeal can be made in a mush like Indian meal and be ready for the table in twenty minutes. T. T.

INDIAN MEAL MUSH.

Take fine meal of Northern corn and a little salt; stir slowly in boiling water until it is as thick as can be stirred easily. Stand it on back of the stove and cook slowly one hour. Is better cooked in a milk boiler. I. I

GRAHAM MUSH.

Stir graham flour in boiling water slowly until it makes a thick batter. Set on the back part of the stove ten minutes, then beat two minutes and turn into the dish. To be eaten with fruit juice or sugar and cream. P.

SAGE TEA.

One-half ounce of dry leaves of sage, one quart of boiling water; infuse for one-half hour; strain and add sugar and lemon juice as required by the patient. Balm and other teas are made in the same manner.

H. Bashaw.

RICE WATER.

Two ounces of rice, two quarts of water; boil an hour or so and add sugar and nutmeg. C. K.

A REFRESHING DRINK IN FEVERS.

Put a little sage, two sprigs of balm and a little sorrel into a stone jug; peel a small lemon, slice it, and put in together with a small piece of the rind; then pour in three pints of boiling water, sweeten and cover it close. G. O. V.

CURRANT JELLY.

Currants, cranberries and prunes make refreshing drinks when added to water and sweetened to suit the patient's taste. S. B.

WATER GRUEL.

Two tablespoonfuls of corn or oatmeal, one quart of water; boil for ten or fifteen minutes and add sugar or salt, if desired by the patient.

Q. Riggins.

RICE GRUEL.

One heaping tablespoonful of ground rice, one-half teaspoonful of ground cinnamon, one quart of water; boil slowly for fifteen or twenty minutes, add the cinnamon near the conclusion of the boiling; strain and sweeten. R. S.

FLOUR GRUEL.

Rub one heaping tablespoonful of flour to a thin paste with three tablespoonfuls of cold water and stir it into a pint of boiling milk; cook ten minutes; season with salt; strain if necessary and while hot stir in the beaten white of one egg. The egg may be omitted if preferred.

Mrs. C. Mitchell.

LIME WATER.

Slack one-half cupful of lime with about one-half pint of water, slowly added; when slacked well add one quart of water and stir thoroughly, allow it to settle, decant closely and pour the water away, then add one gallon of fresh, clear, distilled or rain water to the washed lime; shake often for a day or two and let settle. C. O. I.

MILK PUNCH.

Sweeten the milk well and add two tablespoonfuls of brandy to every cupful of milk; stir well and serve with ice. H. O.

EGG-NOG.

Scald one pint of new milk (but do not boil it), take three eggs, beat to a froth with one-fourth of a cupful of sugar, add one-half gill of best brandy and one tablespoonful of rum and a little nutmeg; when this is thoroughly beaten add the scalded milk. M. A. Y.

KOUMISS.

Dissolve a piece of compressed yeast the size of a large pea in a tablespoonful of water, put it into a one-quart can, add one teaspoonful of sugar and fill four-fifths full with milk. Place on cover, shake frequently and allow it to stand in a warm room for two days, then put in a cool cellar, placing the bottles on the sides; put on ice and shake well before using; draw with a champagne tap. R. R.

CHICKEN BROTH.

Select a plump chicken, cut into pieces and put into a granite pot with cover. Add two tablespoonfuls of pearl barley and two quarts of water; simmer for three hours, skimming frequently. When done remove from the fire, let stand for three hours; skim off top, heat, and serve.

MRS. TURHOONE.

CLAM-JUICE BROTH.

Wash in cold water clams in their shells, place them on a stove without water, except a few drops, in a granite saucepan, and as they become hot, their shells will open; then carefully pour out the broth, season to suit the taste and serve. A. L. BROWN.

MUTTON BROTH.

Take the lean part of neck and loin, and cut into small pieces, removing all the fat. Take about a pound of the meat and place it in a saucepan with a pint of cold water and put it on the fire. Remove all the scum. Boil this two hours, strain, and flavor. When the broth commences to boil add a teaspoonful of pearl barley. MRS. M. MANNING.

TOAST WATER.

Toast a crust of white bread very brown without burning it, and put it into cold water. After an hour the water will be a refreshing drink;

and it is grateful to the stomach when no other can be taken. It is more palatable by the addition of any acid jelly. A NURSE.

BROILED TENDERLOIN, CHICKEN, OR MUTTON CHOP.

This is enjoyed when the patient is becoming convalescent. Cut out the round piece from the inside of a sirloin steak, boil it quickly over a bright fire, turn it, with its gravy, upon a piece of freshly-made toast, sprinkle with salt and pepper, but no butter; place between two hot plates and serve directly. A tender mutton chop, or one-half of the breast of a chicken can be served the same way, but the chicken will require longer and somewhat slower cooking. MARY PARRY.

CHICKEN PANADA.

Rub together in a mortar the meat from the breast of a cold chicken with stale bread, one-half of each, then add slowly the water in which the chicken was boiled, or some nice broth, entirely free from fat. Boil for a few moments and pass the whole through a fine sieve. MRS. H. P.

BEEF JELLY.

(Excellent for Convalescents.)

Make some beef tea (see Soups with Meat) with a very little salt. Place one-eighth of an ounce of gelatine in a saucepan with a little cold water and soak. When sufficiently swollen place on the fire and boil until dissolved. Take the beef-tea extract when nearly cold, add the gelatine, stir well, and turn into molds. CHICAGO HOSPITAL.

BRAN JELLY.

Cover three cupfuls of bran with cold water, let settle; then pour off all the water and add three and one-half cupfuls of boiling water and stir well; place on the stove and boil slowly for two hours; then strain, return to the fire, let come to the boiling point, add one teaspoonful of salt; pour into a mold. Delightful and wholesome. ST. LUKE'S HOSPITAL.

ARROWROOT JELLY.

Take one cupful of boiling water, two heaping teaspoonfuls of arrowroot, two heaping teaspoonfuls of white sugar, one tablespoonful of brandy or three tablespoonfuls of wine. This is excellent for weak bowels. A NURSE.

LEMON WHEY.

An excellent drink for a person with a cold, to induce perspiration, is made putting one-half pint of milk in a saucepan. Boil and pour in a

tablespoonful of lemon juice; add more if this does not turn the milk. Let it boil up, then put it into a bowl to settle; strain and sweeten and add a little hot water if the whey is too acid to be agreeable.

NURSE AT SANITARIUM.

STERILIZED LEMONADE.

Squeeze the juice out of a lemon. Strain it, put it with one-quarter of the rind and four lumps of loaf sugar into a pitcher and pour over it one pint of boiling water. Cover close and let it stand two hours. Then strain and it will be ready for use. Lemonade for the sick should be made with boiling water as the unhealthy properties of the lemon are thus destroyed. A small quantity only of sugar should be put in as the acidity will most likely be agreeable. HEALTH SCHOOL.

BEVERAGE FOR FEVER PATIENT.

One-half of a fresh peach, one teaspoonful of brandy, one tablespoonful of sugar, the juice of one-half of a lemon; strain, then add plenty of shaved ice. NEMIE FREEMAN

ICE MINT.

One-fourth of teaspoonful of peppermint, one tablespoonful of powdered sugar, one tablespoonful of water, one teaspoonful of wine, also one teaspoonful of brandy, mix together well, fill glass with shaved ice; sip through a straw. MRS. DELLA FOX.

EXTRACT OF BEEF.

Lean beef chopped fine. Put a sufficient quantity into a bottle to fill up its body, cork it *loosely*, and place it in a pot of cold water, attaching the neck, by means of a string to the handle of the vessel. Boil this for one and one-half hours, then pour off the liquor and skim it. To this preparation may be added spices, salt, wine, brandy, etc., according to the taste of the patient and nature of the disease. MRS. RITA PILARD.

FRENCH MILK PORRIDGE.

Stir oatmeal and water together, let the mixture stand to clear and pour off the water. Then put more water to the meal, stir it well and let it stand till the next day. Strain through a fine sieve and boil the water, adding milk while so doing. The proportion of water must be small. With toast this is a good preparation for weak persons. B. CLARK.

OATMEAL GRUEL.

Take a tablespoonful of oatmeal and mix smoothly with a little cold water. Pour on it a pint of boiling water, stir it well, then let it stand a

few minutes to settle. Pour it back very gently into the saucepan, so as to leave undisturbed the sediment at the bottom of the gruel. Let it simmer, stirring occasionally and skimming carefully. Sweeten and flavor with wine and spice, or grated ginger, or, if preferred, a little salt only may be put in. Dry toast or biscuits may be served with it.

MRS. ALLURED.

NUTTA.

This is a combination of nuts and cereals, and is a peculiarly strengthening food for invalids. It can be eaten dry, or served with milk. Found in all groceries. SANITARIUM.

MALTED MILK.

The name of this preparation indicates its character. It is made of the best nuts, and is soluble in hot or cold water, when it forms a rich, cream resembling malted milk. but finer in flavor. Suitable for the feeble. SANITARIUM.

TAPIOCA CUP PUDDING.

This is very light and delicate for invalids. Take an even tablespoonful of tapioca and soak for two hours in a cupful of new milk. Stir in the yolk of a fresh egg, a little sugar, a grain of salt and bake in a cup for fifteen minutes. A little jelly may be eaten with it, if allowed, or a few fresh strawberries. MRS. C. M. JOHNSON.

HEALTH DRINK.

A cooling drink for a sick person is made by boiling one and one-half ounces of tamarinds, three ounces of cranberries and two ounces of stoned raisins, in three pints of water, till the water is reduced to two pints. Strain and add a bit of lemon peel, which must be removed in an hour, as it gives a bitter taste if left too long. F. T. J.

BOILED PARTRIDGES.

Partridges are very delicate and tender for sick or old people, when boiled. Wash them well, truss them and put into boiling water, sprinkle a teaspoonful of salt over and simmer them very gently for one-quarter of an hour, or if the birds are old, twenty minutes. Serve with sliced lemon round the dish, and with white sauce, celery sauce, or bread sauce, accompanied by game gravy. M. A. WELLS.

MIXED BEEF TEA.

Some invalids do not like clear beef tea. Try this. Take beef, mutton and veal, one pound of each, without fat, put them, cut up in small pieces, to simmer four hours in three pints of water. When boiling skim

thoroughly and draw the saucepan aside, that it may only extract the juices without wasting the liquid. Strain and serve with dry toast in any form.

L. C.

TAPIOCA FOR INVALIDS.

Wash one tablespoonful of tapioca and soak it in a pint of water or milk and water for one-half hour. Let it boil, then simmer gently until it is quite clear, and stir frequently to keep it from getting into lumps. Sweeten it slightly and flavor with wine if agreeable, if not, with cinnamon. If it is too thick, add a little more water. Veal, mutton or chicken broth may be substituted for the water. MRS. L. A. MENDUM.

ORANGE AND LEMON JUICE.

A fine preparation for an invalid is made of orange or lemon juice, strained and boiled with an equal weight of loaf sugar and then bottled and corked closely. It is an agreeable and valuable addition to gruel and other warm drinks. It takes fifteen minutes to boil. A dessert-spoonful of lemon juice must be added to one-half of a pint of gruel.

M. S. BONNIE.

CELERY FOR RHEUMATISM.

Celery has medicinal qualities above the average. It should be used extensively by people suffering from rheumatism and nervous diseases.

AN INVALID'S DINNER.

Select a good chop from a loin of mutton and trim all the fat from the meat and put it in a covered jar (a salt jar does very well for the purpose) with three tablespoonfuls of water; stand it in a moderately hot oven, steam it one-half hour, and a few minutes before serving add a pinch of salt. Serve very hot, with the gravy poured over it. Steak or chops cooked in this manner are very tender and easily digested by the weak and delicate. BERTHA R.

FIBERLESS BEEF FOR INVALIDS.

For those who are fond of beef steak and whose stomach will not permit of the regular broiled steak try the following method of cooking it. Take one pound of fresh juicy round steak and with a dull knife scrape out the beef, leaving the fiber by itself until all the meat has been scraped out. Now put just a trifle of butter in the bottom of a frying-pan, let it get hot and put in the scraped meat. Turn two or three times, salt slightly and serve hot. It is delicious. DR. ROCKWELL.

BALTIMORE PUNCH.

One quart of Jamaica rum, one quart of brandy, one quart of port, one-half pint of Curacoa, three cupfuls of white sugar, one dozen lemons, one quart of strong black tea. To mix: To the tea while hot, add the sugar and lemon juice; mix thoroughly and strain through cotton cloth. When cool add the brandy, rum and Curacoa. If to keep awhile, bottle and seal it. To Serve: Over a clear and clean cake of ice in the punch bowl place your stock, adding three pint bottles of soda (aërated water) to each quart bottle of stock. Stir gently and serve at once. The ice may be put outside the bowl; it keeps the strength of the punch much steadier. The tea should not draw long enough to become bitter. A bottle of champagne with each three bottles of soda, or in place of them, enlivens the punch. MRS. T. R. SMITH.

A LIGHT CUSTARD.

Break one egg into a teacup, beat it up and sweeten as liked. Add milk to fill the cup, mix once more, and tie a piece of linen over it. Set it into a shallow pan one-half full of water, and boil ten minutes. J. D. T.

APPLE WATER.

Roast two tart apples until they are soft; put them in a pitcher, pour upon them a pint of cold water and let it stand in a cool place for one hour. It is used in fevers and eruptive diseases, and does not require sweetening. RUSH MEDICAL COLLEGE.

SAGO GRUEL.

Take two tablespoonfuls of sago and add one pint of water. Boil till it thickens, stirring frequently. Wine, sugar and nutmeg may be added. DOCTOR JOHN.

SAGE TEA.

One-half ounce of dried leaves of sage, one quart of boiling water. Infuse for one-half hour and strain. Add sugar and lemon juice as required by the patient. The above is an agreeable and useful drink in fevers and its diaphoretic powers may be increased by adding a little sweet spirits of nitre. ELIZA LOCKE.

THICKENED MILK.

With a little milk, mix a smooth tablespoonful of flour and a pinch of salt. Pour upon it a quart of boiling milk and when it is thoroughly mixed put all back into the saucepan and boil up once, being careful not to burn and stirring all the time, to keep it perfectly smooth and free

from lumps. Serve with slices of dry toast. It is excellent in diarrhea and becomes a specific by scorching the flour before mixing with the milk.

MARY C. JONES.

MILK PORRIDGE.

Take a tablespoonful of Indian meal and one tablespoonful of flour. Wet to a paste with cold water. Add the paste to two cupfuls of boiling water and boil twenty minutes. Add two cupfuls of milk and a little salt and cook ten minutes more, stirring often. Eat with sugar and milk, while hot.

A NURSE.

STEWED PRUNES.

These are good in measles, and scarlet fever, both as food and medicine. Get the box prunes as they are generally of a much better quality than the open sort. Soak them for one hour in cold water, then put them into a porcelain-lined saucepan, with a little more water if necessary, and a little sugar. Cover and let them stew slowly for one hour, or until they are swollen large and quite soft. They are excellent as an accompaniment to breakfast for a sick person.

JULIA TUBBS.

PARCHED RICE.

Roast the rice to a rich brown. Put into boiling water that has been salted, and boil till tender. Do not disturb it if you can help. Drain from the water and serve with sugar.

E. REYNOLDS.

PUDDING FOR A CONVALESCENT.

Four ounces of Ko-nut, six ounces of sugar, six eggs beaten separately, cinnamon, cloves and lemon rind grated to taste, one teaspoonful of salt, one-quarter of a pound of currants, one-half pound of grated swartsbrod (black bread). Mix butter and sugar to a cream, add yolks of eggs, spices, bread, currants, and then the whites of eggs beaten to a stiff froth; one-half glassful of rum added gives a very piquant flavor. Boil two hours and serve with wine sauce.

C. G. T.

KO-NUT PASTRY.
(For Weak Stomachs.)

One and one-fourth cupfuls of flour, one-fourth teaspoonful of baking-powder, one-fourth teaspoonful of salt, one-third cupful of Ko-nut and one-third cupful of cold water. Mix flour, salt and baking-powder. Work the Ko-nut lightly into flour with tips of fingers, then add water, mixing with a knife.

DR. GRAY.

Ventilation—Sewerage—Drinking Water.

Every woman should look well to the *ventilation* of the home; see that every chimney is unstopped and during the daytime that every window in every unoccupied room is thrown open.

My firm belief is, that if more attention were paid to thorough ventilation fevers would be an almost unknown disease. The cooping-up system is abominable; it engenders all manner of infectious and loathsome diseases, and not only engenders them, but feeds them, and thus keeps them alive. There is nothing wonderful in all this, if we consider, but for one moment, that the exhalations from the lungs are poisonous. The lungs give off carbonic acid gas (a deadly poison), which, if it is not allowed to escape must be breathed over and over again. If the perspiration of the body (which in twenty-four hours amounts to two or three pounds!) is not permitted to escape from the apartment, it must become foetid—repugnant, sickening, and injurious to the health. The nose is a sentinel and often warns its owner of approaching danger!

SLEEPING ROOMS.

The bedroom ought, if practicable, to be large and airy. Particular attention must be paid to the ventilation. The door and the windows ought in the daytime to be thrown wide open, and the bedclothes should be thrown back, that the air might, before the approach of night, well ventilate them. Pure air and a frequent change of air is quite necessary.

The bed must not be loaded with clothes, more especially with a thick coverlet. If the weather is cold, let an extra blanket be put on the bed, as the perspiration can permeate through a blanket when it cannot through a thick coverlet. The knitted, for the summer, are the best, as they allow the perspiration from the body to escape; and the eiderdown, for winter, are light, warm, and ventilating.

It is a marvel how some people, with four or five blankets, and with a thick coverlet on the bed, can sleep at all; their skins and lungs are smothered, and are not allowed to breathe, for the skin is as much a breathing apparatus as are the lungs themselves.

SEWERS.

To destroy the smell is not to destroy the danger; certainly not! The right way to do away with the danger is to remove the cause, and the effect will cease. Flushing a sewer is far more efficacious than disin-

fecting one. Soap and water, the scrubbing brush, sunshine and thorough ventilation, each and all are far more beneficial than either permanganate of potash, chloride of zinc or chloride of lime. People in these times think too much of disinfectants, and too little of removal of causes; they think too much of artificial, and too little of natural means.

Not only should the ventilation of the house be well looked after, but it ought to be ascertained that the drains are in good and perfect order, that the privies are frequently emptied of their contents, and that neither drain fluid nor privy fluid communicates, in any way whatever, with the supply of drinking water. Bad drainage and overflowing privies are fruitful sources of child-bed fever, gastric fever, scarlatina, diphtheria, cholera and a host of other infectious, contagious and dangerous diseases. It is an abominable practice to allow dirt to fester near human habitations.

PURE WATER.

Look well to the purity of the well water and ascertain that no drain either enters, percolates, or contaminates it in any way whatever. If it should do so, disease, such as cholera, diarrhea, dysentery, diphtheria, scarlet fever or gastric fever, will, as a matter of course, ensue. If there is the slightest danger or risk of drain contamination, whenever it is practicable, let the drain be taken up and examined, and the defect carefully rectified. When it is impracticable to have the drain taken up and examined, then always boil the water before using. The boiling of water, as experience teaches, has the power either of destroying or making innocuous the specific organic faecal life poison, which propagates in drain contamination the diseases above enumerated.

The water from the drive well is far superior to water from the old pump well; the water from the former is always pure, while from the latter it is usually most impure.

INFANTS

HOW AND WHAT TO FEED THEM.

IF IT is ascertained, *past all doubt*, that a mother cannot nurse her child, then a healthy wet nurse should be procured, as the food which nature has supplied is superior to any invented by art. Never bring up a baby, if you can possibly avoid it, on *artificial* food. It is impossible to imitate, perfectly, the admirable and subtle chemistry of nature. The law of nature is, that a babe, for the first few months of his existence, shall be brought up by the breast; and Nature's law cannot be broken with impunity. In selecting a wet nurse, I would inquire particularly into the state of her health; whether she is of a healthy family, of consumptive habits, or if she or any of her family have the scrofula, ascertaining if there are any seams or swellings about her neck; any eruptions or blotches upon her skin; if she has a plentiful breast of milk, and is of good quality; if she has good nipples, sufficiently long for the baby to hold, that they are not sore; and if her own child is of the same or nearly of the same age as the one you wish her to nurse.

ARTIFICIAL MILK.

There are cases where people object to a wet nurse and then frequently, too, none can be found. In that event the best food must be resorted to that can be found.

Reason, as well as experience, abundantly proves that the object to be aimed at in hand-feeding is to imitate as nearly as possible the food which nature supplies for the new-born child, and therefore the obvious course is to use milk from some animal, so treated as to make it resemble human milk as nearly as it may be The following rule is considered about the best:

Fresh milk from one cow;

Warm water, of each one-quarter of a pint,

Sugar-of-milk, one teaspoonful.

The sugar-of-milk should first be dissolved in the warm water and then the fresh milk *unboiled* should be mixed with it. The sweetening of the above food with sugar-of-milk, instead of with lump sugar, makes the food more resemble the mother's own milk

Never give the child the white rubber nipple nursing bottle, since it contains in its composition the carbonate of lead, which is a slow poison. Black rubber is not objectionable.

After a child begins teething any of the following foods may be given: The food that suits one infant, however, will not agree with another. The one that I have found the most useful is made as follows: Boil the crumb of bread for two hours in water, taking particular care that it does not burn, then add only a *little* loaf-sugar (or brown sugar, if the bowels are costive) to make it palatable. Mix a little new milk—the milk of one cow—with it, gradually, as it becomes older, increase the quantity until it is nearly all milk, there being only enough water to boil the bread; the milk should be poured boiling hot on the bread. Sometimes the two milks—the mother's and the cow's milk—do not agree; when such is the case, let the milk be left out, both in this and in the foods following and make the food with water, instead of with milk and water. In other respects, until the child is weaned, make as above directed; when he is weaned, good fresh cow's milk must, as previously recommended, be used.

THE NURSERY.

The nursery ought to be the largest and most airy room in the house. In town, if it is the top story (providing the apartment is large and airy) so much the better, as the air will then be purer. The architect, in the building of a house, ought to be particularly directed to pay attention to the space, the loftiness, the ventilation, the light, the warming, and the conveniences of a nursery. A bathroom attached to it will be of great importance and benefit to the health of a child.

VENTILATION.

The ventilation of a nursery is of paramount importance. There ought to be a constant supply of fresh pure air in the apartment. But how few nurseries have fresh, pure air? Many nurseries are nearly hermetically sealed—the windows are seldom, if ever, opened; the doors are religiously closed; and, in summer time, the chimneys are carefully stuffed up, so that a breath of air is not allowed to enter. The consequences are that the poor unfortunate children are poisoned by their own breaths, and are made so delicate that they are constantly catching cold; indeed, it may be said that they are laboring under chronic catarrhs, all arising from Nature's laws being set at defiance.

A child ought not to be permitted to sit with his back to the fire; it

weakens the spine, and thus the whole frame; it causes a rush of blood to the head and face and predisposes him to colds. Pure air and pure water, let me add, pure milk, are the grand and principal requirements of health for a child.

DRAINAGE.

Look well to the drainage of the house and neighborhood. A child is very susceptible to the influence of bad drainage. Bad drains are fruitful sources of scarlet fever, diphtheria, diarrhea, etc.

WALLS OF A NURSERY.

Do not have the nursery wall covered with *green* paper hangings. Green paper hangings contain large quantities of arsenic—arsenite of copper—which is a virulent poison, and which flies about the room in the form of powder. There is another great objection to having your nursery walls covered with green paper hangings; if any of the paper should become loose from the walls a little child is very apt to play with it, and to put it, as he does everything else, into his mouth.

MAKE A CHILD HAPPY.

Let a child's *home* be the happiest *house* to him in the world; and to be happy he must be merry and cheerful; and he ought to have an abundance of playthings, to help on the merriment. If he has a dismal nurse, and a dismal home, he may as well be incarcerated in a prison, and be attended by a jailor. It is sad enough to see dismal, doleful men and women, but it is a truly lamentable and unnatural sight to see a doleful child. The young ought to be as playful and as full of innocent mischief as kittens. There will be quite time enough in after years for sorrow and for sadness.

Bright colors, plenty of light, *clean* windows (mind this, if you please), an abundance of *good* colored prints, and toys without number, are the proper furnishings of a nursery. Nursery! why, the very name tells you what it ought to be—the home of childhood—the most important room in the house—a room that will greatly tend to stamp the character of your child for the remainder of his life.

PREVALENT DISORDERS and THEIR REMEDIES

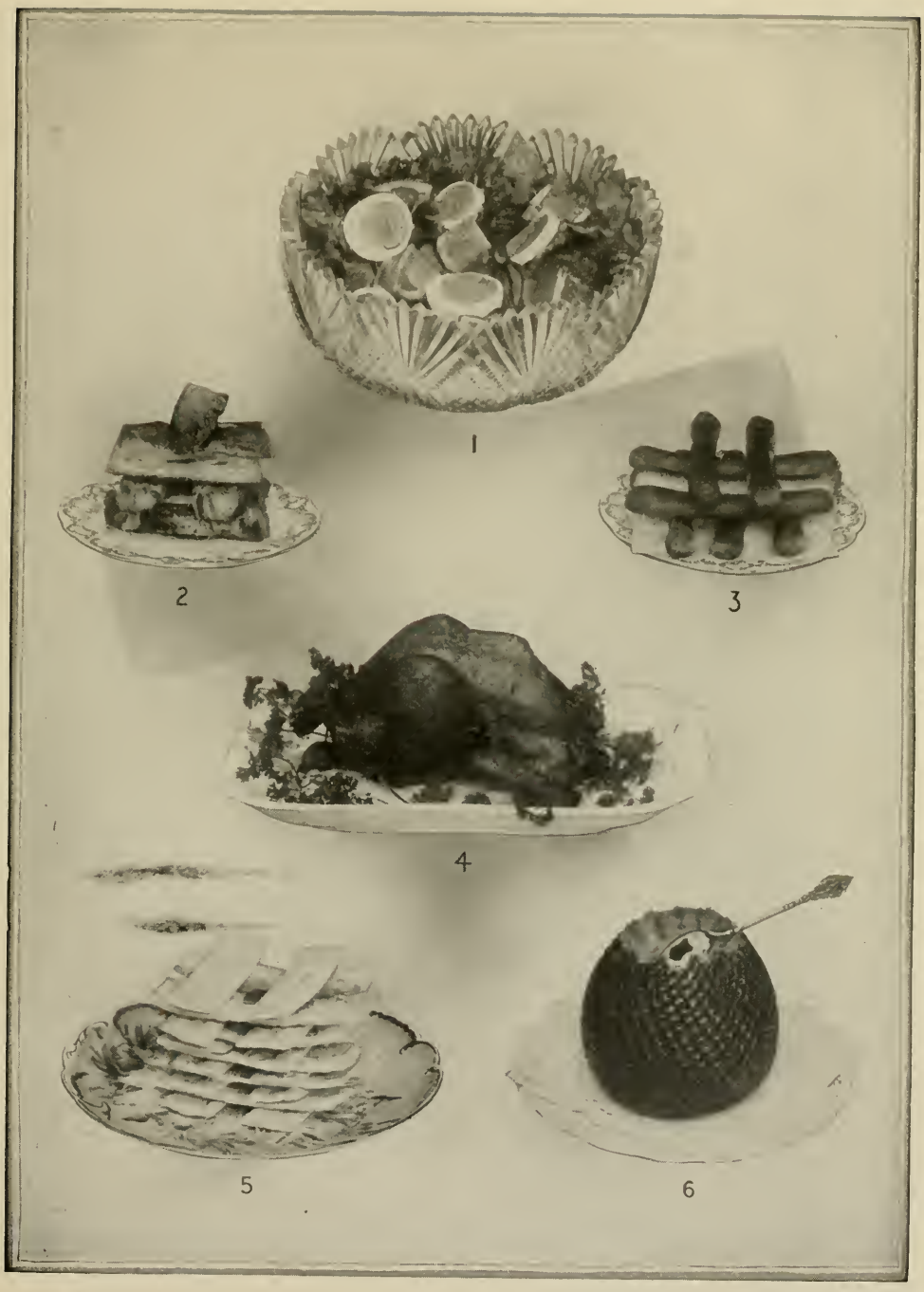
SIMPLE REMEDY TO BREAK UP A HARD COLD.

WHEN you feel a cold coming on drink four or five glasses of hot water (not warm water, but hot). In one-half hour drink four more glasses of hot water. If the throat is sore, gargle it with warm water and alcohol, in the proportion of one teaspoonful of alcohol to one-half glassful of water. On going to bed, fill the bath-tub one-quarter full of hot water and sit in it eight minutes, keeping the water as hot as you can stand. If you do not have a bath-tub then put the feet for the same length of time into a foot-tub filled two-thirds full with hot water—take no medicine, but drink more hot water and go to bed. If the lungs are sore, put on a compress as follows: Dip a napkin in cold water, wring it out dry and lay it over the throat and chest. Over this spread two or three thicknesses of flannel, and with a long strip of cloth tie it on. Now forget your troubles and go to sleep. In the morning you will wonder what became of the cold. A COMMON SENSE MOTHER.

HICCOUGH CURE.

(For a Grown Person.)

To cure the hiccoughs of a grown person, one has sometimes to be a little more persevering. I knew a case where a patient recovering from typhoid fever had the hiccoughs two days, and the physicians had tried every known remedy, but to no purpose. It was then that a very simple remedy was suggested by the wife of the patient which though at first ridiculed by the doctors, probably saved the man's life. The wife said to the doctors that her husband had asked several times for some hot coffee, and begged that she might be permitted to give him some. The doctors although they had previously refused, finally consented, saying, "give him only a little." The wife then went to the kitchen, with her own hands made some fresh, weak coffee, poured out a small one-half cupful, creamed and slightly sweetened it and took it up to the sick man. He drank it hot and in fifteen minutes called for more. An additional amount was made and also given to him hot. He again drank it, and then in a few moments called for more—which was given him. The third time



"A delightful supper, a good night's sleep and a fine morning have often made a hero of the same man who, by indigestion, a restless night and a rainy morning would have proved a coward."

1. Lenten Salad. (Roman Recipe.)
2. Chicago Cheese Bars.
3. Bread Sticks. (Aunt Mary's Recipe.)
4. Mrs. Reagor's Roast Capon. (See Page 110.)
5. Wafers—Long Branch Recipe.
6. Pineapple Cheese. (Excellent with Salad.)

BON BON BOXES AND OTHER DELIGHTS FOR WEE MEN AND WOMEN

(How to Make—See Pages 23 and 24.)

1-2-5. Snapping Mottoes.
3. Drum Favor.
4. Favor—Sewing Basket.
6. Favor—Musical Instrument.
7. Favor—Bon Bon Box.
8. Bonbonnière—Everlasting Flowers.
9. Bon Bon Box—Crinkled Paper.

after taking the hot drink the hiccoughs left him for a lapse of five minutes. This cessation of the hiccoughs, even though for only five minutes, encouraged the wife to urge more hot drink upon him. The next time the hiccoughs disappeared for a longer time. When they again came on, more hot coffee was administered and, to the doctors' surprise, next morning the patient was sleeping and well on the road to recovery. The doctors (three in number, all noted ones of the city of Chicago) said it was a miracle—but admitted that the hot drink did what medicine had failed to do. THE NURSE.

HICCOUGH CURE FOR CHILDREN.

Many children are subject to this distressing complaint. A lump of sugar saturated with vinegar and given to the little one to suck will relieve it instantly. This is the recipe of a French physician. M. L. E.

HICCOUGH CURE—No. 2.

Small pieces of ice applied suddenly, so as to surprise the patient, will stop persistent hiccoughing. Also hot drinks of weak coffee and milk taken frequently have the desired effect.

For swollen and bleeding gums rinse the mouth with a wine-glassful of warm water in which is placed about seven drops of myrrh. This will harden the gums and keep them from working off the teeth, which always gives them a bad appearance. MRS. PACHALY.

ANTIDOTE FOR POISONING.

If a person swallow any poison whatever, or has fallen into convulsions from having overloaded the stomach, an instantaneous remedy, more efficient and applicable in a larger number of cases than any one-half dozen medicines we can think of, is a heaping teaspoonful of common salt and as much ground mustard, stirred rapidly in a teacupful of water, warm or cold, and swallowed instantly. It is scarcely down before it begins to come up, bringing with it the remaining contents of the stomach; and lest there be any remnant of poison, however small, let the white of an egg or a teacupful of strong coffee be swallowed as soon as the stomach is quiet. These very common articles nullify a larger number of virulent poisons than any medicines in the shops.

Great quantities of Paris green are used during some seasons of the year, and as accidents may happen, it is well to know the antidote for the poison. Paris green owes its deadly properties to arsenic, as does Lon-

don purple. Should either of these be taken into the stomach, let the person drink copious draughts of milk or raw eggs beaten up, and as soon as possible give an emetic, mustard is as good as anything, and keep up the action of vomiting by giving milk between the paroxysms of vomiting. When the stomach no longer rejects what is swallowed give a good dose of castor oil. A. C.

CAUTION.

Never bite or pass sewing silk through the lips as lead poisoning has been known to result, as the silk is soaked in acetate of lead to make it weigh heavier. N. A. L.

CRAMP IN BATHING.

For the cure of the cramp when swimming Dr. Franklin recommends a vigorous and violent shock to the part affected by suddenly and forcibly stretching out the leg, which should be darted out of the water into the air if possible. G. H.

CRAMP IN THE LEG.

A garter applied tightly around the limb affected will, in most cases, speedily remove the complaint. When it is more obstinate, a brick should be heated, wrapped in a flannel bag, and placed at the foot of the bed, against which the person troubled may place his feet. No remedy, however, is equal to that of diligent and long-continued friction. M. M.

SUNSTROKE.

Sunstroke is prevented by wearing a silk handkerchief in the crown of the hat, or green leaves, or a wet cloth of any kind; but, during an attack, warm water should be instantly poured on the head, or rags dipped in the water and renewed every minute. The reason is two-fold—the scalp is dry and hot and the warm water not only removes the dryness but carries off the extra heat with great rapidity by evaporation. G. L.

NOSE BLEED.

Snuffing up powdered alum will generally control troublesome bleeding from the nose. It will also almost always stop excessive hemorrhage from a cavity caused by the extraction of a tooth, by being placed in it.

The best remedy for bleeding at the nose, as given by Dr. Gleason in one of his lectures, is in the vigorous motion of the jaws, as if in the act of mastication. In the case of a child a wad of paper should be placed in its mouth and the child should be instructed to chew it hard. It is the motion of the jaws that stops the flow of blood. This remedy is so very

simple that many will feel inclined to laugh at it, but it has never been known to fail in a single instance, even in very severe cases. E. H.

CHOKING.

To prevent choking, break an egg into a cup and give it to the person choking to swallow. The white of the egg seems to catch around the obstacle and remove it. If one egg does not answer the purpose try another. The white is all that is necessary. V. S. T.

CHOLERA INFANTUM.

For cholera infantum, the white of two eggs, well beaten; then mix with water; add one teaspoonful of orange-flower water and a little sugar; a tablespoonful every hour. It will, says an authority, cure the worst case of cholera infantum, the egg coating the bowels. P. H.

BUNIONS.

Let fall a stream of very warm water from a teakettle, at the highest elevation from which the patient can bear the water to fall directly on the apex of the swelling; continue this once a day for a short time and a cure will be effected, providing you desist from wearing short shoes. The greater the elevation of the kettle the more effectual the remedy.

It is said that the following is a good bunion remedy: Use pulverized saltpeter and sweet oil; obtain at the druggist's five or six cents' worth of saltpeter, put into a bottle with sufficient olive oil to nearly dissolve it; shake up well and rub the inflamed joints night and morning and more frequently if painful. This is a well-tried remedy. A. F.

TO KILL CORNS.

Soak bread in vinegar, bind on day and night and they will come out by the roots. S. T. N.

TO KILL WARTS.

Prick until they bleed; then apply soda. H. F. A.

CURE FOR EXTERNAL CANCER.

Apply as poultice bruised stramonium leaves. Stramonium affects some persons as the poison ivy does. In this case the antidote is strong salt water freely applied. M. H. P. CRANDALL.

INTERNAL CANCER CURE.

Take the dried blossoms of the common red clover, put them in hot water, let them steep over night and this will be a clover tea. Take a

tablespoonful of this tea five or six times daily. Cases of virulent cancer have been cured by this simple remedy. H. N.

FELON CURE.

Apply a poultice of raw onions three times a day and four days will effect a cure. E. G.

FELON CURE—No. 2.

The first symptoms of felon: The person imagines there is a briar in the inner covering of the bone, usually at the last joint of the finger. Then comes a slight swelling intense heat and throbbing. Remedy: Apply a soft cloth saturated with tincture of stramonium (generally known as jimson weed). Bind on with neatly laid bandage. This will prevent any further progress of the felon. M. H. P. CRANDALL.

TO COOL THE BLOOD.

Take eight ounces of sarsaparilla, three ounces of root licorice, six ounces of wild cherry bark, one-half ounce of mandrake, one ounce of gentian, one-half teaspoonful each of cinnamon and red pepper. Boil in three gallons of rain water till reduced to one-half. Sweeten a very little. This is a fine drink for cooling the blood. Abstain from sweets while using it. M. H. N.

BLOOD PURIFIER.

Clover tea is a fine blood purifier, drank freely, removing pimples and whitening the skin. It is also a sleep-inducing draught. Its efficiency in early stages of cancer is unquestioned. H. F. L.

TO COUNTERACT POISONOUS GAS.

An ordinary gas jet consumes as much oxygen as four human beings. It is well when sitting long in a gas-lighted room to occasionally open a door or a window for a few moments and bring in some fresh air. Plants in pots do not thrive well in rooms where gas is used for illuminating or where it is used as fuel. B. O. L.

RELIEF FOR CHOLERA.

One ounce of essence of peppermint, one ounce of laudunum, one ounce of spirits of camphor, one ounce of spiced rhubarb, one teaspoonful of cayenne pepper. Dose: One-half teaspoonful as often as required to relieve pain. M. C.

TO CLEAR A WASTE PIPE.

Just before retiring at night pour into the clogged pipe enough liquid soda-lye to fill the "trap" or bent part of the pipe. Be sure that no water

runs into it until the next morning. During the night the lye will convert all the offal into soft soap and the first current of water in the morning will wash it away and clear the pipe clean as new.

THE SANITAR ENQUIRER.

TO REMOVE PROUD FLESH.

Pulverize loaf sugar very fine and apply it to the part affected. This is an easy remedy and is said to remove it entirely without pain. E. E.

DROPSY CURE.

A tea made of chestnut leaves and drank freely instead of water will relieve an obstinate case of dropsy in a few days. H. K.

BLACKBERRY SYRUP FOR LOOSE BOWELS.

Make a simple syrup of a pound of sugar to each pint of water and boil till it is rich and thick. Add as many pints of the expressed juice of ripe blackberries as there are pounds of sugar. Grate half a nutmeg to each quart of syrup and let it boil for from fifteen to twenty minutes. Then add one-half gill of fourth-proof brandy to each quart of syrup. Set it by till cold, then bottle for use. A tablespoonful for a child or a wine-glassful for an adult, is a dose. S. N. N.

CARE OF THE EARS.

Children's ears ought never to be boxed, for besides being an ill-mannered way to punish one, it is liable to injure permanently the delicate membrane of the ear. Nor should the ear ever be "cleaned out with the screwed-up corner of a towel," much less with a bodkin.

POPULAR SCIENCE MONTHLY.

TO REMOVE LODGMENT IN THROAT.

When a child swallows anything that lodges in the throat lift it suddenly by the wrists. It will cause the little one to scream and cough and the object will generally be dislodged at once. P. T.

A GOOD WAY TO TAKE CASTOR OIL.

There is nothing better for a cold than castor oil and a very simple way to give it to children, is to make up a pan of molasses candy and add plenty of castor oil to it just before removing from the fire. The taste of oil in it cannot be detected. JULIA MERRILL.

CHOLERA INFANTUM.

It is asserted by a physician that a flannel bandage saturated with alcohol and bound around a baby's bowels when suffering with cholera infantum is excellent. L. B.

CROUP.

One teaspoonful of molasses and one teaspoonful of goose oil given to a child in the early stage of croup will relieve it at once. E. L. A.

FOREIGN BODY IN THE EYE.

As soon as anything gets into the eye, rub the well eye, and don't touch the other. If this does not remove it turn back the lid and with the point of a fine cambric or silk handkerchief remove the irritating body if it can be seen. If not, take a small syringe and gently inject tepid water under the lid. This will generally wash the offender out. JOHN M.

HOW TO CURE CHAFING.

During warm weather many people suffer from chafing of the arm-pits. This can be prevented by thoroughly dusting the irritated parts with sub-nitrate of bismuth or calomel. L. S.

HOW TO CURE MOSQUITO BITE.

Take a teaspoonful of the tincture of wild rosemary to one-half tumblerful of water and apply the lotion where the insect stung. J. G.

TO MAKE EXCELLENT LINIMENT.

Take one ounce of camphor, four ounces of olive oil. Dissolve the gum in the oil. By adding one-quarter of an ounce of chloroform a liniment is obtained which will allay any pain. MRS. PAUL S.

HOW TO MAKE LINSEED POULTICE.

Take four ounces of linseed meal and ten fluid ounces of boiling water. Mix the linseed meal gradually with the water and apply. Dip the spoon with which you spread the poultice in boiling water and the mass will not stick to it. M. H.

HOW TO MAKE MUSTARD POULTICE.

Take of dry mustard two ounces and mix it with the white of two eggs to a proper consistency. A teaspoonful of flour can be added. There are mustard plasters to be purchased at drug-stores which are far more available and always ready for use. MRS. WM. S.

TO REMOVE COLD IN THE HEAD.

A cold in the head is very disagreeable. Inhale spirits of camphor when the first symptoms appear. Put one or two drops of the camphor on a small lump of sugar, dissolve in a wine-glassful of water and take a teaspoonful every two hours. J. R.

TO CURE DIPHTHERIA.

Relief has followed in the early stages of this terrible complaint by gargling with sulphur and water, or have some blown down the throat in the form of a spray. For a simple sore throat bind a strip of flannel on, wet in camphor, and use a gargle of salt and vinegar. MRS. V. B.

CURE FOR TOOTHACHE.

One-quarter of a pint of best alcohol, one-half ounce of chloroform, one-half ounce of arnica, one-quarter ounce of oil of cloves. Mix and apply with a piece of absorbent cotton; rub also on the gums and upon the face against the tooth. Sure cure. M. S.

A GOOD CATHARTIC.

One-half ounce each of peppermint leaf and jalap, one ounce of senna, two ounces of figs chopped fine. Dose: Put a teaspoonful of the mixture into a cup and pour upon it three tablespoonfuls of boiling water; drink when cold. Take before breakfast. KUNZE.

SPRAIN REMEDY.

Take the white of two eggs and put into a cup; stir with a lump of alum the size of an English walnut until it jellies. Saturate a cloth and apply to the sprain, changing it for a fresh one as often as it becomes hot and dry. Keep the limb in a raised or horizontal position. H. W. S.

TO CURE DRY PILES.

The dry piles can readily be cured by a bruised onion, roasted in ashes. DR. J. M. SMITH.

INWARD PILES.

A small pitch pill taken after fasting a day will usually kill the bleeding piles. Or, take twice a day of the thin skin of walnuts as much as will lie on a 25-cent piece. WESLEY.

PALPITATION OF THE HEART.

A lady, about forty years of age, had suffered twelve years from periodical attacks of palpitation of the heart, so violent as to shake the bed on which the patient lay. During one attack, feeling thirsty, she expressed a desire for some soda-water. No sooner had she swallowed the first draught than her palpitation left her, and recurred no more until the period of the next attack. As soon as it commenced, she sent for her medical attendant, and told him what had occurred a month previously, and requested to be allowed to try the same remedy a second time. He consented, but, wishing to ascertain which of the ingredients of the soda-water had relieved the complaint, he gave her a dose of citric acid by itself. This had no effect. He then gave her a dose of carbonate of soda which also failed. He then mixed the powders and gave her some ordinary soda-water, placing his hand at the same time upon her heart. The moment she swallowed the first mouthful the palpitation ceased and recurred no more for that time. From that period, whenever the palpitation came on, she could always stop it by this simple remedy. It appears, from the experiments made by medical men that the carbonic acid was the active element in relieving the complaint, because, until the gas was liberated by the mixture of citric acid and the carbonate of soda, no benefit accrued.

JOURNAL OF HEALTH.

SCROFULA.

Take as much cream of tartar a slies on a nickel, every morning and evening. Or, make a leaf of dried burdock into a pint of tea; take one-half pint twice a day for four months. I have known this to cure hundreds.

M. E.

QUINSY.

Roast four large onions. Peel them quickly and slightly pound. Add to them a little sweet oil. Place them while hot in a thin muslin bag that will reach from ear to ear, first thoroughly rubbing the throat and in this way getting up a good circulation of blood. Apply as warm as possible to the throat. Change when the strength of the onions appears to be exhausted. Flannel must be worn round the neck after the onion is removed.

A NURSE.

ULCER.

Wash thoroughly with Green's soft soap, rinse well and then saturate a piece of absorbent cotton with peroxide. Let this come to a foam and then sprinkle over a little iodoform; tie up carefully and repeat in six hours. Or, boil walnut-tree leaves in water with a little sugar. Apply

absorbent cotton dipped in this, changing it once in two days. This has done wonders. This has cured foul bones; yea, and a leprosy. Foment morning and evening with a decoction of mint; then sprinkle on it finely-powdered rue. NURSE.

ABSCESS.

An abscess requires the application of warm poultices and a cooling aperient medicine. The poultice may be made of bread and water, oat-meal or linseed meal. These should be applied till the abscess bursts, when it should discharge freely. After it has ceased, apply moist linen for a day or two; then apply absorbent cotton saturated with peroxide. This will draw out the poison. If the healing is slow, dust the abscess over with iodoform. It is sometimes necessary when the bursting is slow and the pain great to open the abscess with the point of a lancet, which prevents much suffering. H. C.

NIGHTMARE.

This is a complaint which comes when the sleep is disturbed. It is the dreaming of something horrible and the person feels that it is something from which he cannot escape but is the victim. He attempts to scream for help but usually his effort is in vain. Nervous and overworked people are especially subject to it. It is due to poor circulation. It is not only unpleasant but dangerous. The best remedy is to bathe each morning in cold water on arising, eat plain foods, little or no meat, tea or coffee, and breathe deeply for fifteen minutes each night before retiring. B. S. Y.

COLIC.

There are few diseases attended with more pain, although not at all dangerous. It is a spasmodic affection of the bowels. It is caused by indigestible food, gas, and bile in the system.

REMEDY.—Apply hot flannel cloths wrung out in hot water. If the bowels are tight an injection of hot water is excellent; so, also, is a hot foot bath. O. M.

HOW TO CURE NOSEBLEED—REMEDY No. 2.

Unless it is violent, do not interfere with a bleeding from the nose. A bleeding from the nose is frequently an effort of Nature to relieve itself, and unless it is likely to weaken the patient, ought not to be restrained. If it is necessary to restrain the bleeding, press the nose firmly between the finger and thumb for a few minutes, this alone will often stop the bleeding; if it should not, then try what bathing the nose, forehead and nape of the neck with water quite cold from the well, will do, or try the effect of a solution of alum.

Take of powdered alum, one drachm, water, one-half pint; enough to make a lotion. A little of the lotion should be put into the palm of the hand and sniffed up the bleeding nostril. If this does not succeed some of the lotion ought to be syringed up the nose. DR. P. B. SAUR.

TOBACCO SMOKING.

I consider tobacco smoking one of the most injurious and deadly habits a boy or young man can indulge in. It contracts the chest and weakens the lungs, thus predisposing to consumption. It impairs the stomach, producing indigestion. It debilitates the brain and nervous system, inducing epileptic fits and nervous depression. It stunts the growth and is one cause of the present race of pigmies. It makes the young lazy and disinclined to work. It is one of the greatest curses of the present day. DR. MURPHY.

GUMBOIL.

A decayed root of a tooth causes inflammation and abscess of the gum, which abscess breaks, and becomes a gumboil. Foment the outside of the face with a hot camomile and poppy-head fomentation and apply to the gumboil, between the cheek and the gum, a small white bread-and-milk poultice, which renew frequently. As soon as the gumboil has become quiet, *by all means* have the affected tooth extracted, or it may cause disease, and consequently serious injury to the jaw. Whenever the patient catches cold there will be a renewal of the inflammation of the abscess and the gumboil, and, as a matter of course, renewed pain, trouble and annoyance. Decayed fangs of teeth often cause the breath to be offensive. DENTIST.

TO CURE CORNS—REMEDY No. 2.

The best remedy for a *hard* corn is to remove it. The usual method of cutting, or of paring a corn away is erroneous. The following is the right way: Cut with a sharp pair of pointed scissors around the circumference of the corn. Work gradually round and round toward the center. When you have loosened well the edges you can either with your fingers or with a pair of forceps, generally remove the corn bodily and that without pain and the loss of any blood. This plan of treating a corn I can recommend to you as being most effectual. DR. JOHN SMITH.

CATARRH CURE.

One drachm of golden seal powder, one quart of hot water, one teaspoonful of common salt, one teaspoonful of white borax, ten drops of

weak carbolic acid. Mix and stand one hour. Then take a one-ounce bottle of liquid and pass through nostril; repeat same amount through other nostril. DR. M. A. RUSH.

CATARRH REMEDY.

Two ounces of powdered cubebs, two ounces of chamoline blows. Mix well together. Put a small portion into a clean pipe, smoke and draw the smoke back through the nose, three or four times daily.

DR. JOHN.

COUGH SYRUP—FINE.

One ounce each of hoarhound and licorice, two ounces of gum arabic, one pint of molasses and one teacupful of vinegar. Boil the hoarhound in one quart of water; dissolve the licorice and gum arabic in a little water first. Strain the hoarhound before adding the other ingredients. Do not put in the vinegar until it is nearly done. DR. SAMUEL ROGERS.

A SURE COUGH CURE.

Three-eighths of an ounce of anise seed, three-eighths of an ounce of stick (or root) licorice three-eighths of an ounce of senna leaf and one-half pint of Jamaica rum. Pour one pint of boiling water on the herbs and let them simmer slowly, down to one-half pint. Then strain and when cool add one-half pint of best syrup and one-half of a pint of rum. Take as often as required. This recipe has been in our family for years and has never failed. MYRA TOWN.

Toilet Suggestions

AND RECIPES

FROM earliest ages, the care of the person has engaged the attention of all who desire to be admired. Each year a new growth of ideas in this direction is springing up, not alone among the women, but the men, until to-day it has come to be understood, that in order to gain approbation from a standpoint of looks, attention to the toilet is necessary.

There is a great call for absolutely pure recipes and harmless suggestions in improving the skin, in warding off wrinkles; in preserving the hair, in keeping the figure erect, teaching good poise, etc., etc. I give only those that have been tried and pronounced a success.

Among the many things made possible for women by nineteenth century science is a beautiful complexion and a graceful form.

Age need make no difference in these days of progress—the woman of fifty is as attractive and as much admired as her young daughter.

Is your skin wrinkled and old-looking, your complexion muddy and unhealthy, your neck, cheeks, arms or breasts shrunken and unsightly? Why not remedy the matter?

THE ROYAL ROAD TO BEAUTY.

Breathe deeply, bathe daily—think joy, not sorrow—eat wisely and never speak unkindly.

A CHEERFUL DISPOSITION.

A cheerful disposition and an optimistic view of life do much toward making the beauty suppliant, plump of outline and charming of countenance. When one is blue and moody, the appetite fails, the stomach sulks, digestion and assimilation are interfered with and the entire body suffers from malnutrition. One should get out of doors. Exercise moderately and rest a good deal. Read helpful books. I would suggest Ralph Waldo Trine's works. Sleep always in a well-ventilated room. One-half hour before breakfast take a dessert-spoonful of pure olive oil in a little lemon juice. The olive oil feeds the system, aids digestion and stimulates the bowels.

SUFFICIENT TIME FOR EATING.

(From "The Pilgrim.")

Julia Holmes Smith, M. D., in "Hints for Right Living," says: "We should give more time to the ingestion of our food; good humor should be cultivated and the hour spent at the table dedicated to the goddess of leisure, although unfortunately the habits of American life make us echo Jean Ingelow's plaint:

'If leisure is, but ah, 't is not,
The fashion of it man forgot
About the days of chivalry.'

"At the table the family should early be trained to avoid all unpleasant themes, even the criticism of the children's table habits should be reserved for an aftermath. Many a child's appetite is spoiled by the sharp tone of the mother, 'Hold your fork straight and don't bite your teaspoon.' It should be the object of each and all to get in if possible a good bit of fun, for, 'A hearty laugh aideth digestion.'

"The housewife who keeps her trials to retail to her husband at mealtimes, and the man who brings home business anxieties, which he impertinently intrudes, sin not alone against propriety, but against hygiene as well; because anxiety, sorrow, or sudden shock are known to have a very serious effect upon digestion, acting through a curious little nerve center called the solar plexus, which lies just back of the stomach and sends its tendrils to almost all parts of the digestive system. It is difficult to find the filaments of this plexus even with the microscope and yet so important is it in our organism that Virchow, the great German authority, called this solar plexus the abdominal brain, since it acts through the sympathetic nervous system upon almost every part of the organism."

THE COMPLEXION.

The most perfect form will avail woman little unless it possesses also that brightness which is the finishing touch and final polish of a beautiful lady.

Blessed is the woman who has a clear complexion. She little knows how much she has to be thankful for, and since these women are very scarce it behooves the rest of us to make up by the care we take of our complexion where nature has slighted us.

The principal source of a bad complexion in otherwise healthy women is generally caused by comedos, commonly called flesh worms. This is specifically a disease of puberty and consequently self-limited. These are affections of the sebaceous glands of the skin and consequently can be

prevented by keeping it in a healthy condition, which can be done by following these instructions.

Comedones should be extracted by the aid of a watch key or a comedo extractor, which can be bought for the purpose. Pimples should be opened with a fine, thoroughly clean needle and the purulent contents expressed, after which the face must be shampooed with either the alkaline spirit of soap of hebra, which can be obtained in any drug store, or the plain, genuine green soap or saigo fluid soap.

The process of shampooing should be thorough. One should spend ten minutes over a basin of water as hot as can be borne lathering every particle of the skin, then it should be well rinsed in clean, hot water and after thorough friction of the surface and perfectly drying the same with a soft towel.

When the skin is harsh, dry and prematurely shows signs of wrinkles it is generally a sign that the skin is not well nourished, in which case after shampooing as directed above, a towel ought to be wrung out of water as hot as can be borne, folded in three or four thicknesses and applied over the face, pressing it close against the eyes and skin and allowed to remain a few minutes in order to draw the blood to the surface and open the pores of the skin, then the skin should be fed by thoroughly anointing it with cold cream, cocoa butter or olive oil.

To prevent the cracking of the hands and wrists and to keep the hands soft in the severest weather, they ought to be soaked in hot water, completely and thoroughly dried over the stove or register and anointed with camphor ice.

Glycerine ought never to be used alone, only in lotions, as it has a tendency to make the skin harsh and dry.

COLD CREAM.

Three-fourths of an ounce of sperm, one-half ounce of white wax, four ounces of oil of sweet almonds, one-half ounce of rose water, one-half ounce of glycerine, one-half drachm of borax, five to ten drops of oil of rose water; melt together with moderate heat, in a granite dish, the sperm and wax, add oil of sweet almonds (do not overheat) dissolve borax in glycerine and rose water, and add to oil and wax as it begins to cool, then whip thoroughly in a Keystone egg-beater or with a wire egg-beater until it begins to cream, then add oil of rose. C. O.

CAMPHOR ICE.

One-half ounce of sperm, one ounce of white wax, two ounces oil of sweet almonds or cotton-seed oil; melt together with gentle heat, then add

one-half ounce of camphor; when dissolved and partly cooled add four drops of oil of bitter almonds and eight drops of oil of mace; pour into molds. DRUGGIST.

GLYCERINE CREAM.

Three-fourths of an ounce of sperm; one-half ounce of white wax, four ounces of cotton-seed oil, one-half ounce of camphor, one-half ounce of rose water, two drachms of glycerine, ten grains of powdered borax; melt together the sperm and white wax, add the oil, then the camphor; when dissolved add the glycerine mixed with the rose water and borax; stir until nearly cold, then pour into molds. F. M.

EXCELLENT CREAM FOR THE COMPLEXION.

A cream that is perfectly harmless, so harmless, indeed, that mothers need not hesitate to rub it on infants' faces, has the juice of strawberries as a principal ingredient. The formula is:

One-half ounce of white wax, one-half ounce of spermaceti, two and one-half ounces of oil of sweet almonds, three-fourths of an ounce of strawberry juice, three drops of tincture of benzoin, two drops of oil of rose.

Be sure that your druggist gives you only one-half ounce of the wax and of the spermaceti. More than this will make the emollient hard and crumbly. The correct amount will give you a cream of perfect consistency. Take large, fresh strawberries, wash and drain thoroughly. Macerate and strain through muslin. Shave the wax and spermaceti and put in a porcelain kettle over a slow fire. When they have melted add the almond oil. Heat slightly, remove from fire and pour in the strawberry juice. Fluff up quickly with an egg beater. When the mixture begins to cream add the benzoin and the perfume. Put into little jars and keep in a cool place. Apply at any time. Excellent for tan, sunburn, or rough skin. L. C.

SURE CURE FOR PIMPLES.

It requires self-denial to get rid of pimples, for persons troubled with them will persist in eating fat meats and other articles of food calculated to produce them. Avoid the use of rich gravies, or pastry, or anything of the kind in excess. Take all the outdoor exercise you can and never indulge in a late supper. Retire at a reasonable hour and rise early in the morning. Sulphur to purify the blood may be taken three times a week—a thimbleful in a glass of milk before breakfast. It takes some time for the sulphur to do its work, therefore persevere in its use till the humors or pimples have all disappeared. M. T. N.

HOW TO OBTAIN A HANDSOME FORM.

The foundation for a beautiful form must undoubtedly be laid in infancy. That is, nothing should be done at that tender age to obstruct the natural swell and growth of all the parts. "As the twig is bent, the tree's incline," is quite a true of the *body* as of the *mind.* Common sense teaches us that the young fibers ought to be left unincumbered by obstacles of art, to grow harmoniously into the shape that nature drew.

It is important that the girl should understand, as soon as she comes to the years of discretion, or as soon as she is old enough to realize the importance of beauty to a woman, that she has, to a certain extent, the management of her own form within her power. The first thing to be thought of is *health*, for there can be no development of beauty in sickly fibers. Plenty of exercise, in the open air, is the great recipe. Exercise, not philosophically and with religious gravity undertaken, but the wild romping activities of a spirited girl. Everything should be done to give joy and vivacity to the spirits at this age, for nothing so much aids in giving vigor and elasticity to the form as these. A crushed, or sad, or or moping spirit, allowed at this tender age, when the shape is forming, is a fatal cause of a flabby and moping body. A bent and stooping form is quite sure to come of a bent and stooping spirit. If you would have the shape "sway gracefully on the firmly-poised waist"—if you would see the chest rise and swell in noble and healthy expansion, give the girl vigorous exercise in the open air.

And what is good for the *girl* is good for the *woman* too. The same attention to the laws of health and the same pursuit of out-door exercise will help a person to develop a handsome form until she is twenty or twenty-five years old. "Many a rich lady would give all her fortune to possess the expanded chest and rounded arm of her kitchen girl. Well, she might have had both by the same amount of exercise and spare living." And she can do much to aquire them even yet.

There have been many instances of sedentary men, with shrunk and sickly forms, with deficient muscle and scraggy arms, who by a change of business to a vigorous outdoor exercise acquired fine robust forms, with arms as powerful and muscular as Hercules himself. I knew a young lady, who, at twenty-two years of age, in a great degree overcame the deformity of bad arms. She began by a strict adherence to such a strong nutritious diet as was most favorable to the creation of muscle. She walked every day several hours in the open air, and never neglected the constant daily use of the dumb-bells. This she continued for two years,

when a visible improvement showed itself, in the straightened and expanded chest; and in the fine hard swell of muscle upon the once deformed arms. She had fought and she had conquered. Her perseverance was abundantly rewarded. Let the person, who is ambitious for such charms, be assured that, if she has them not, they can be obtained on no lighter conditions. H. E. F.

HOW TO REDUCE THE PORES OF THE SKIN.

An excellent astringent wash which will make enlarged pores smaller and less unsightly is made by putting into a one-half-pint bottle one and one-half ounces of cucumber juice, half filling the bottle with elder-flower water, adding one ounce of eau de cologne, and shaking well; adding one-half ounce of simple tincture of benzoin and filling bottle with elder-flower water. Get the juice of the cucumbers by slicing, without peeling, adding a suggestion of water, boiling to a pulp, cooling, and straining through muslin. Stimulating the functions of the skin by a daily bath with a soft flesh brush and tepid salt water will make the complexion clearer. The skin all over the body is constantly undergoing a process of decay and renewing. Unless the epidermis is kept clean and free from the excretions that the pores are continually sending out, this process of renewing is very much hampered. G. M.

FOR A ROUGH SKIN.

You will find camphorated cream the best emollient. It is very easily made as follows: Take four ounces of olive oil, one-quarter of an ounce of white wax, one ounce of spermaceti, one ounce of lanoline, one-eighth of an ounce of camphor gum. Heat the five ingredients until the camphor is dissolved, take off the stove, beat with an egg-beater until the mass concretes, use as you would cold cream or any other unguent. C. F.

TO CLEAR A SALLOW SKIN.

The real cure for a sallow skin must be from within. One can, of course, use for the face a whitener which will temporarily make it look fair, or can use a face bleach, but the best plan is to try to remove the cause, which is probably a sluggish liver.

One should not drink coffee or eat highly-spiced food and should never touch pork or greasy dishes. Plenty of ripe fruit, oranges, particularly, will assist in clearing the skin. As a medicine take one teaspoonful of phosphate of soda in a glassful of hot water every morning one hour before breakfast; repeat the dose at night one hour before retiring. Continue to take the soda for three or four weeks, or as long as required.

OBSTINATE BLACKHEADS.

For obstinate blackheads try the following: Four ounces of tincture of green soap, four and one-half ounces of distilled witch hazel; mix; apply every second day and wash off immediately with hot water. You may be obliged to press on either side of the blackhead and force it out. The most stubborn cases will usually yield to this treatment. G. A. M.

WRINKLES.

If you have lost any teeth that will account for the lines, otherwise you should not have wrinkles before sixty. There is no other treatment that will take the place of massage for obliterating wrinkles. H. C.

CURE OF PIMPLES ON THE FACE.

Hard red pimples are a common and an obstinate affection of the skin, affecting the forehead, temples, the nose, chin and cheeks; occasionally attacking the neck, shoulders, back and chest. As they more frequently affect the young and are disfiguring, they cause much annoyance. I find, in these cases, great benefit from bathing the face, night and morning, with strong salt and water—a tablespoonful of table salt to a teacupful of water: paying attention to the bowels; living on plain, wholesome, nourishing food; and taking a great deal of outdoor exercise. Sea bathing is often very beneficial. Grubs and worms have a mortal antipathy to salt. DR. STEVENSON.

ROUND SHOULDERS.

Deep breathing exercises and light gymnastics will cure all of round shoulders if they will be persistently practiced in. It would be impossible for me to tell you how many girls I have seen made straight and robust through the simplest exercises of this nature. O. L.

CARE OF THE TEETH.

The teeth ought to be brushed after every meal. Any one suffering with decayed teeth ought to make it a rule to use a gargle of one cupful of tepid water and one-half teaspoonful of Listerine. H. T. R.

RULES FOR THE REDUCTION OF FLESH.

Avoid all starchy and sweetened food, all cereals, vegetables containing sugar or starch, such as peas, beans, corn, potatoes, etc. Have your bread toasted; sprinkle it with salt instead of butter. Milk, I regret to say, if it be pure and good, is fattening. Hot water is an excellent sub-

stitute for other liquids. Add a little of the juice of limes or lemons to it, if you choose. Limit your sleeping hours to seven at the outside. No naps. You must take exercise.

If you cannot walk at least five miles a day and do not wheel, go to one of the institutions where mechanical massage is given. Several of my correspondents report excellent results from this method of getting the vigorous exercise they require. The system is thoroughly wholesome and not expensive. In reducing flesh the one fact to recollect is that fat is carbon—oxygen destroys or burns out carbon. You must consume the carbon by the oxygen you take through your lungs. The more exercise the more oxygen and consequent destruction of fat by the one healthful method of curing obesity. The more starch and sugar you eat the more carbon to burn away. M. Y.

CARE OF THE HAIR.

Before retiring the hair should be well brushed. A stiff brush is best for this purpose, as it penetrates the hair and causes a healthy reaction and stimulation of the scalp, and the hair follicles thus have a tendency to keep the hair from falling out and prevent the common disease of the sebaceous glands, called dandruff. The care of the hair includes a shampoo once a week with good, pure soap, German green soap being the best; then it must be rinsed well and quickly dried. D. P.

HARMONIOUS COLORS FOR RED HAIR.

Auburn hair of itself is beautiful, but one rarely meets an auburn-haired girl who knows just what color suits her best. The girl whose hair is of any shade of so-called red must never, under any circumstances, wear pink, red or bright yellow. Those colors will only accentuate the reds in her hair and the contrast is exceedingly unbecoming.

She may, however, wear golden browns and plenty of them. These will bring out the ruddy gold tints of her hair. She may also wear light and dark shades of blue and green, dark purple, gray, white and lavender with a blue cast. And when properly dressed, the red-haired girl is a real beauty. O. G.

TO MAKE THE HAIR GROW.

The following remedy is excellent, as everyone who has tried it can testify. Have it put up at the drug-store. Seventy-five grains of beta napthol, seventy-five grains of hydrarg ammon, two ounces of lanoline and ungt. aqua Rosal in equal parts. Mix and apply to scalp after each shampoo. Dr. M. Bush.

TO REMOVE FRECKLES.

These are caused by an over-production of pigment in the skin, which seems to be brought out in spots by the action of the sun's rays. They can be made to disappear by the use of acid lacti, glycerina, of each one fluid drachm. Apply night and morning with a sponge. Another remedy is powdered niter moistened with water and applied to the face night and morning. W. S.

CURE FOR A BROWN THROAT.

When the neck and throat have taken on a brown tinge from exposure to the sun or from wearing the high stock collars so fashionable, it can be remedied by using the following paste: Beat up an egg, add one ounce of honey, one teaspoonful of lemon juice, six drops of oil of bitter almonds and enough fine oatmeal to make it into a paste. Use morning and night. D. J. A.

TO MAKE A HANDSOME THROAT.

To have a rounded throat, sing, whether you have a "voice" or not, deeming the exercise valuable. At night wrap the throat in a linen cloth, wet with scented oil. This will nourish the skin and soften its outlines. Exercise the throat every day by turning the head from side to side slowly but never fast. Try this ten minutes every night and morning. Friction is too rough treatment for ordinary skins. If used to prevent wrinkles it should be gentle and with a little massage cream on the fingers.

SADIE O.

FRECKLE LOTION.

Four grains of corrosive sublimate, twenty-four drops of muriatic acid, three-quarters of an ounce of lump sugar, two ounces of alcohol, enough rose water to make one-half pint; mix until dissolved and apply night and morning. R. T.

ALMOND MEAL.

Six drachms of finely-prepared almonds, one and one-half ounces of orris root, three ounces of French chalk, one and one-half drachms of carbonate of soda, one drachm of borax, ten drops of oil of bergamot, six drops of oil of lemon, three drops of oil of orange flower, two drops of tincture of musk; mix well. MRS. M. THOMAS.

TOILET POWDER.

One-half pound of corn or rice-starch, one ounce each of orris root and French chalk. Fifteen drops each of oil of lemon and oil of bergamot, ten drops of oil of neroli, two drops each of oil of bitter almonds and oil of verbena. Mix well in a mortar and pass through a very fine sieve.

PERSPIRATION POWDER.

One ounce of boracic acid, one drachm of burnt alum, one-half ounce of French chalk, six and one-half ounces of starch. Perfume with fifteen drops each of oil of lemon and oil of bergamot. Mix well and pass through a fine sieve. For excessive perspiration of hands and feet, sprinkle inside of gloves or stockings, or apply under the arms with a powder puff. I. R.

HAIR TONIC.

Aromatic spirits of ammonia, tincture of cantharides and glycerine; use one-fourth of an ounce of each and enough bay rum to make eight ounces. Louis M.

WASH FOR ERUPTIONS.

Take a piece of gum benzoin about the size of an English walnut, and boil in spirits of wine till it becomes a rich tincture. Bottle it. Wash the face three times a day with fifteen drops poured into a glassful of water, leaving it on the face to dry. It will remove spots, eruptions, etc.

Mary R.

TO CLEANSE THE HAIR AND SCALP.

A noted lecturer on hygiene gave me this recipe and I have found it very satisfactory: Into a pint bottle put a spoonful of olive oil and add two ounces of best spirits of ammonia or hartshorn; shake. Then mix with three ounces of alcohol, and, when thoroughly mixed, fill the bottle with soft water. Remember to put in the ingredients in the order named or you will have "stuff" and no chemical union at all.

To apply, take a spoonful or two of this, with a little warm water; dip a sponge or rag in and wet the scalp thoroughly, now rinse off in plenty of warm water and you will be surprised at the amount of dirt, though you may have thought your head perfectly clean. For the heads of young infants it is just the thing, as it instantly removes the scurf which sometimes troubles them, without pain or trouble. It should be weaker for a babe than for an adult. Mrs. E. M. Voorhees.

TO ARREST FALLING HAIR.

Scalp massage will arrest falling hair almost immediately. Be sure to get the treatment from someone who understands her profession. Improper massage is worse than none. L. B.

HAIR STRENGTHENER.

A preparation that has been in use many years and has been proved efficacious for strengthening the roots of the hair is made by taking a pint

of bay rum, one-half pint of clear alcohol, one-half ounce of castor oil, one-quarter of an ounce of carbonate ammonia, one-half ounce of tincture of cantharides. They must be thoroughly mixed. Excellent to promote the growth of the hair. S. P

HAIR DRESSING.

A nice dressing for the hair is cold tea. Use it every day and a head of glossy, luxuriant hair will result. Black tea is the best. M. P.

HAIR TONIC.

A splendid tonic for the hair is made of one ounce of glycerine, one-quarter of a pint of eau de cologne (strongest), one fluid drachm of liquor of ammonia (880-882), one-half fluid drachm each of oil of origanum, oil of rosemary and one fluid ounce of tincture of cantharides. Briskly agitate them together for eight or ten minutes, then add one-half pint of camphor-julep (strongest). Electricity, properly applied, will often do wonders toward restoring vitality to the hair. M.

GROOMING THE HAIR.

A writer in one of our journals advances a new idea with reference to the way in which thin hair should be "groomed," as they say in Paris, to induce the growth and thickening. It is merely brushing the hair the wrong way and is done as described below. It is said to be more beneficial than a tonic.

Carefully divide the hair into many small parts and then, with a huge and stiff brush begin the work. Holding the extreme end of the strand to be brushed in the left hand, start at the bottom of it and brush upward toward the head. After each strand has gone through this process smooth each hair back into its original position. Follow this up and brush the hair in this manner each night and morning. It serves as a stimulant to the sickly hair. Frances Samuels.

HEAD SHAMPOO.

Beat the whites of two eggs to a froth, rub well into the roots of the hair Leave on to dry. Then wash the head clean with equal parts of rum and rose water. Rinse in clean, soft water. F. C.

TO THICKEN THE EYEBROWS.

If your eyebrows are inclined to grow thin in spots, a very simple application, and one that cannot possible injure them, is cocoa butter. A small piece may be softened and rubbed over your brows every night with your finger, following exactly the arch of the brow itself. R.

TO CLEAN HAIR BRUSHES.

Dissolve a generous piece of washing soda in warm water, dip the bristles of the brush into it, rubbing them a little with the hand. Be careful not to touch the ivory or ebony back of the brush with the soda water. Rinse in warm water, turn the brush up on the point of the handle and let dry thoroughly. It is claimed that a tablespoonful of ammonia will do the same amount of cleaning if dissolved in a quart of water. The brush should not be used till dry. FANNIE SMITH.

MASSAGE FOR THE EYES.

Whenever your organs of sight feel weak do not rub them roughly. You must not massage your eyes the same way you would the stronger parts of the body. They need help from the hands, but this help must be administered in a very gentle and delicate manner.

John Quincy Adams had a way of treating his eyes which, it is said, preserved their vision to old age, without the help of spectacles. This was to place his thumb and forefinger each upon an eyelid and gently rub them toward the nose a number of times each day. The action encourages circulation of blood in that locality, does away with the tiny spots that sometimes float before the vision and prevents that flattening of the lenses which causes dimness of sight at a certain focus. It is wonderful how much good can be done the eyes of people of all ages by using this simple exercise ten or fifteen minutes each day. F. S.

TOOTH WASH.

Two ounces of fine ground myrrh, two ounces of Peruvian bark, two ounces of orris root. Put them into a large bottle with two tablespoonfuls of white sugar. Fill the bottle with alcohol, shake it well and let stand a week. Then pour off all that is clear into another bottle. Steep two ounces of white oak bark one hour in a quart of water. When boiled down to one pint add it to the alcohol which has been poured off the myrrh and it is ready for use. W. P. C.

TOOTH POWDER.

A nice and safe tooth powder is made of prepared chalk, one-half pound; pulverized myrrh, two ounces; camphor, two drachms; orris root, ground, two ounces. The camphor must be wet with alcohol and all mixed together. G. E. MILLS.

TO REMOVE TARTAR FROM THE TEETH.

Forty grains of finely-powdered boracic acid, thirty grains of chlorate of potassium, twenty grains of powdered guaracum, sixty grains of prepared chalk, one ounce of powdered carbonate of magnesia and one drop of attar of roses. This powder will loosen all the tartar on the teeth and sweeten the breath. G. H. A.

THE HANDS.

The little housewife must pay constant attention to her hands if she would keep them white and soft. If you can afford it use white castile when washing your dishes. Or, better still, get a dish mop and keep your hands out of the suds as much as possible.

Clipping the finger nails, instead of filing them, will cause them to become brittle and coarse. Apply white vaseline at night to make the cuticle about the nails soft and pliable. S. C.

TO WHITEN THE HANDS.

Put a few drops of lemon juice into the white of an egg. If lemons are not at hand, a little alum water will answer. Rub some of this mixture on the hands at night, letting it dry on. This lotion is equally good for the face and neck. L. F. P.

REMEDY FOR CHAPPED HANDS.

Boil one pint of rain water. When cold add one heaping tablespoonfull of Rochelle salts, one teaspoonful of tincture of benzoin. Perfume if desired. Mrs. Hannah Clarke.

TO MAKE THE HANDS SOFT.

Take one drachm of cubebs, one and one-half ounces of glycerine, one-half ounce of spirits of camphor, one drachm of extract of heliotrope. Rub this on the hands on retiring, and wear a loose pair of old kid gloves.

Laura Morse.

TO REMOVE SCALES FROM THE HANDS.

Indian meal moistened with a little vinegar or lemon juice is excellent when the skin has been roughened by work or cold; it will heal and soften them. Rub the hands thoroughly with the moistened meal and wash them in warm water and bathe them with glycerine lotion. S.

TO REMOVE WARTS.

These unsightly excrescences can be effectually removed by steeping or soaking a small piece of beef all night in vinegar. Cut what will cover

the wart and tie it on. Strips of sticking plaster will fasten it on. Take the meat off in the daytime and put it on at night. In two weeks the wart will die and fall off. K. P.

REMEDY FOR TAINTED BREATH.

Many people are fond of onions and yet do not wish to make themselves offensive by eating them. This simple corrective will allow any one to indulge their appetite in this particular: Dissolve one-half teaspoonful of soda in boiling water and drink it. Orris root is also good, and rose pastilles sweeten the breath. MRS. MARTHA KETCHUM.

TO INDUCE SLEEP.

When one is overtired or worried and cannot sleep, being gently rubbed all over with a towel wrung out of hot salt water generally has the desired effect. Deep breathing in fresh air through the nostrils is also excellent. T. O. C.

PERFUMERY AND SACHET POWDERS.

The use of perfumery is not only refreshing, but invigorating, especially in winter, when it reminds one of the balmy, sweet-laden atmosphere of spring.

Perfumes should never be used to conceal any unpleasant odor. People of true refinement and good taste will always be known by the perfumery they use. Scrupulous cleanliness alone goes hand in hand with a delicate odor, and whenever the use of strong odors is detected that leave an unpleasant scent of musk or civet, the suspicion is at once aroused that the strong odor has been employed to conceal an offensive one. N.

FLORIDA WATER—HOW TO MAKE.

This can be made by any one by the following formula: Oil of lavender, one fluid ounce; oil of bergamot, one fluid ounce; oil of neroli, one-half drachm; oil of orange, one drachm; oil of clove, one-quarter drachm; pure musk, one grain; cologne spirit (96 per cent.) one quart; tincture of tonca, enough to give it a color. Steep or let stand and bruise fifteen days and filter. HATTIE SCHMIDT.

ROSE WATER.

Eight drops of oil of rose, twenty grains of carbonate of magnesium and water to make a pint. Rub the oil of rose with the magnesium in a mortar and slowly add the water. Then filter. M. A.

COLOGNE.

Use of alcohol, one gallon; oil of lavender, twelve drachms; oil of rosemary, four drachms; essence of lemon, twelve drachms; oil of bergamot, twelve drachms; oil of cinnamon, twelve drops. Mix and shake together three or four times a day for two weeks. JULIA HOFF.

LAVENDER WATER.

Take four ounces of oil of lavender, one ounce of orris root, one quart of spirits of wine. Mix well and set aside for two weeks. Then strain it through blotting paper and it is ready to use. SADIE.

HELIOTROPE.

Six drachms of fine, fresh orris root, three drachms of fresh powdered rose leaves, three drachms of cassia flowers, two drachms of tonca beans, two drachms of vanilla, eight drops of oil of bitter almonds and as much extract of musk as desired. Grate the beans or pulverize in a metallic mortar, crumble the cassia flowers and buy the orris root and the rose leaves in the powdered form. Mix well. MAY.

VIOLET.

One and three-quarter ounces of powdered orris root, one ounce of cassia flowers, one-quarter ounce of gum benzoin, two drops of oil of rose, one small drop of oil of bitter almonds; moisten with one drachm of extract of violet. LIZZIE NIEMAN.

GERMAN COLOGNE.

Take one and one-quarter gallons of alcohol, one ounce of oil of bergamot, one ounce of oil of lemon, one-quarter ounce of oil of neroli, one-quarter ounce of oil of sandal wood and thirty grains of camphor. Mix thoroughly, let stand fourteen days when it is ready. Keep in tightly-corked glass bottles. DR. P.

SACHET POWDER.

A charming sachet powder for wardrobes, boxes, etc., far finer than any mixture sold at the shops, is the following: Coriander, orris root, rose leaves and aromatic calamus, each one ounce; lavender flowers, two ounces; rhodium wood, one-fourth of a drachm; musk, five grains. These are to be mixed and reduced to a coarse powder. This scent on clothes is as if all fragrant flowers had been pressed in their folds.

Nuisances about the House.

TO TREAT RATS AND MICE.

When these pests of the kitchen are troublesome, and "puss" is not on duty, they may be soon disposed of by the following strategy: Put a barrel with a little meal in it, in a place where they "most do congregate." After having been fed long enough to relieve the "oldest and most experienced rat" of his suspicions, fill the barrel one-third or one-half full with water, and sprinkle the meal two or three inches deep on the top of it. In some cases a dozen or more are thus caught in a night. J. T.

TO DESTROY MOTHS.

Forty ounces of alcohol, five ounces of tincture of capsicum, one ounces of napthalene, one ounce of phenol, one-half ounce of menthol, one-half ounce of oil of lemon grass; mix and filter. To be used in the form of a spray, by means of an atomizer, where the moths are found.

TO KILL COCKROACHES.

An infallible means of destroying black beetles and cockroaches is to strew the roots of black hellebore on the floor at night. Next morning the whole family of these insects will be found either dead or dying, for such is their avidity for the poisonous plant, that they never fail to eat it when they can get it. But be very cautious about burning all the refuse on the floor, for hellebore is a deadly poison to the human family as well.

TO KILL COCKROACHES—No. 2.

The best method to destroy cockroaches is to plentifully scatter pulverized borax in all places where they appear. I have done this around the kitchen where there have been thousands and killed them all in one night. L. Miller.

BED BUG EXTERMINATOR.

One-half ounce of corrosive sublimate, five ounces of boiling water, two drachms of hydrochloric acid. Dissolve and add one-half pint of alcohol. *Very poisonous.* Apply with a feather in cracks and crevices of beds, etc. A positive preventive of bed bugs. F. R.

BED BUG EXTERMINATOR—No. 2.

The best method ever tried to kill bed bugs is to thoroughly saturate the bedstead with common coal oil (kerosene). Repeat two or three times. Iron beds are much better than wood because bugs cannot hide themselves. L. B.

"THE training of children is a preparation for the gravest and most important relations of life; and upon the character of our home life must rest the well being of our nation, and the permanence of all our institutions."

While some parents still endorse the old saying, that children should be seen and not heard, I say, make their life happy. They are young but once. What one of you has ever forgotten the day that your mother made you a Christmas or a Birthday cake and decorated it with goodies.

For the benefit of those mothers who desire to specially please the little folks, we add some dishes that are unique, tasteful and "darling," as some boys and girls have called them.

COLONIAL HATS.

One large cup of seeded and chopped raisins, the juice and grated rind of one lemon, one cup of sugar, whites of two eggs and a pinch of salt. Mix well. Put tablesoonfuls of this mixture on rounds of piecrust from six to seven inches in diameter and very thinly rolled. Fold together from three directions, so that the shape will resemble a George Washington hat. Press the edges so firmly together that none can escape. Lay in baking pan, brush over with milk in which a little sugar is dissolved. Bake twenty minutes. LILLIE TIBBITS.

NUT CARTOONS.

Take the desired number of English walnuts, Brazilian nuts, hickory nuts and peanuts and with gold and colored paints decorate the shells in fantastic styles. With a little color they can be converted into all sorts of men and women—white, black and mongolian, wearing all sorts of costumes, from gold lace, beads and jewels, to silks, feathers, furs, etc. (Very pretty for parties.) MRS. D. Z. BROOKS.

OLIVES À LA NATURAL HISTORY.

Take the desired number of olives and into one side stick four cloves and at the end another and you have a partially constructed animal representing an ant-eater. Now add another clove for the head, and on the end put a bit of another olive, and you have the animal complete and standing on his feet. The back can be decorated as fancy dictates. According to the arrangement and length of the feet, head and tail, other animals, and even birds, can be made. (Fine for children's parties.)

MRS. A. E. FOWLER.

LITTLE PIGS IN BLANKETS.

(Try them.)

Take one quart of good-sized oysters, wash and drain. Now beat up an egg, add to it a little milk and salt. Dip each oyster separately into the egg and roll in cracker or bread crumbs, then roll up in a thin slice of bacon. Hold in shape by sticking a toothpick through it. Drop in hot pan and fry brown. (Fine for special suppers.)

MRS. A. E. FOWLER.

EGG NESTS ON TOAST.

(Nice for Easter Supper.)

Six eggs, six slices toast, one-half teaspoon salt, one and one-half tablespoons butter. Separate the whites from the yolks, beating the whites to a stiff froth, but leaving the yolks whole in the half shells. Put the salt in the whites, and when beaten heap on the toast. Make a depression in each mound and put into it a moderate teaspoonful of butter and yolk of one egg. Place the nests in a moderate oven and cook for three minutes. Serve immediately on a hot dish. A spoonful of finely chopped ham may be spread upon the toast before the whites of the eggs.

MRS. BOWERMAN.

CONSOMMÉ ST. VALENTINE.

One pound of lean beef, one pound of veal, may be cut into small pieces, and placed in a kettle where two tablespoons of butter have been allowed to brown. The meat should be then stirred into the butter until it is quite brown. Cover the kettle and simmer slowly a half-hour. Add one quart and a pint of water, and slowly simmer for three hours. Then add one onion, a stalk of celery, and one carrot, and simmer half an hour longer. Strain and let it stand to cool. Then remove the fat, and it is ready for use.

When ready to serve heat and put in each dish sippets of toast cut to resemble such letters of the alphabet as spell St. Valentine. Alphabetical crackers can be bought for this purpose if preferred.

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There are 650 pages in this volume. The full-page, half-tone illustrations and the colored plates should be added to the last folio number indicated, giving a total of over 650 large pages.

Comparative Analysis of Food Values

(AVERAGE PERCENTAGES GIVEN)

Apple	contains	85%	water,	8% sugar, 0.22% proteids, 1.04% acids
Barley	"	14%	"	66% starch, 11.18% proteids, 2.12% sugar, 5% fibrin
Banana	"	74%	"	23% carbohydates, 1.0% salts, 1.1% proteids
Beans (Navy)	"	15%	"	55% carbohydrates, 24% proteids, 1.6% fat, 3.10% salts
Beef, Fresh	"	67%	"	12% fat, 16% proteids, 3.02% nitrogen, 0.96% ash
Bread	"	35%	"	45% starch, 3% sugar, 4% fat, 10% proteids, 3% salts
Butter	"	14%	"	84% fat, 0.66% salts, 0.50% milk, 0.75% casein
Carrots	"	83%	"	14% carbohydrates, 1.3% proteids, 0.2% fat, 1% salts
Cheese (Am.)	"	39%	"	30% fat, 24% casein, 2.03% sugar, 4.07% ash
Chicken	"	73%	"	21% proteids, 2% fat, 1% ash
Codfish	"	82%	"	16% proteids, 0.40% fat, 1.20% ash
Chocolate	"	11%	"	46% fat, 12% proteids, 27% carbohydrates, 3% salts
Eggs, White,	contains	86%	water,	13% proteids, 0.25% fat, 0.59% salts
" **Yolk**	"	51%	"	16% proteids, 32% fat, 1% salts
Grapes	"	80%	"	14% sugar, 0.22% proteids, 1.32% acids, 1.49% pectose
Ham (lean)	"	60%	"	24% proteids, 15% fat, 1% ash
Milk (cow's)	"	86%	"	4% sugar, 4% fat, 3% proteids, 3% casein
Oats	"	13%	"	53% starch, 6% fat, 12% proteids, 2.32% sugar, 11% fibrin
Oatmeal	"	7%	"	58% starch, 6% fat, 8% proteids, 5% sugar, 3% salts
Potatoes	"	75%	"	18% starch, 3% sugar, 2% proteids, 0.2% fat, 0.7% salts
Rice	"	14%	"	78% starch, 6% proteids, 0.7% fat, 0.4% sugar, 0.5% salts
Salmon	"	65%	"	20% proteids, 13% fat, 1.48% ash
Sugar (Loaf)	"	.5%	"	91% sugar, 2.40% glucose, 0.80% organic, 0.30% ash

Comparative Analysis of Food Values . . . . (continued)

Tomatoes	"	85%	"	2.5% carbohydrates, 0.8% proteids, 0.4% fat, 0.80% salts
Veal	"	63%	"	18% proteids, 18% fat, 1% ash
Wheat	"	14%	"	66% starch, 12% proteids, 2% fat, 1.50% sugar, 3% fibrin

NOTE—Figures given are based upon 100%. Where the percentages do not make a total of 100 the unimportant deficiency is composed of waste materials.

REFERENCE: The most important food elements are as follows:

NITROGENOUS COMPOUNDS—Albumen, Casein, Fibrin and Gluten—contained in lean meats, eggs, fish, milk, etc., also classed as **Proteid or Albuminous** substances are needed for the formation of muscles and other tissues of the human body. **CARBON, OXYGEN** and **HYDROGEN,** the **Carbon Compounds,** are divided into **HYDROCARBONS,** the fats which are burned in the body, yielding heat, vital forces, etc., and **CARBOHYDRATES,** the fat producers, which include sugars, starch, gums, dextrin, etc., containing less carbon, but Hydrogen and Oxygen in right proportion to produce water. **ASH,** the **Mineral Elements,** as Salts, Lime, Phosphorus, Sulphur, etc., supplied especially by vegetables, are required for the bones, blood, nerves, etc.

Cooking Time Table

FOR CANNING		SUGAR REQUIRED TO QUART CAN
Blackberries	Boil 6 min	Use 6 oz. sugar to qt. can
Cherries	Boil 5 min	" 6 " " " " "
Crab Apples (Siberian)	Boil 25 min. (moderately)	" 8 " " " " "
Currants (ripe)	Boil 6 min	" 8 " " " " "
Peaches, whole	Boil 15 min.; halved 8 min	" 4 " " " " "
Pears (Bartlett)	Halved boil 20 min.	" 6 " " " " "
Pineapples, Sliced	Boil 15 min	" 6 " " " " "
Plums	Boil (moderately) 10 min.	" 8 " " " " "
Raspberries	Boil 6 min	" 4 " " " " "
Strawberries	Boil 15 min. moderately	" 8 " " " " "
Tomatoes	Boil 20 min. without sugar.	
Whortle Berries (Blueberries)	Boil 5 min	Use 4 oz. " " " "

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